



*Be... Active, Playful, Creative*

# Programs & Events

## *Easter Egg Hunt*

PAGE 32

## **Aqua Egg Hunt**

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## **Spring Break Camps**

PAGE 16

**SPRING 2017**

Recycle After June.



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## Herndon Community Center Hours

Monday - Friday 6:00am-10:00pm

Saturday 7:00am-6:00pm

Sunday 7:00am-7:00pm

*No admittance to the building a half hour before closing.*

### CLOSURES & HOLIDAY HOURS:

Easter Sunday, April 16 10:00am-7:00pm

Memorial Day, May 29 8:00am-8:00pm

## Parks & Recreation Office Hours

Monday-Friday 8:30am-5:30pm

### OFFICE CLOSED:

Monday, May 29

## Daily Admission Rates

### TOH / NR

Adults \$6.50 / \$7.50

Seniors \$5.25 / \$6.25

Youth \$5.25 / \$5.50

Family\* \$18 / \$22.50

\*Up to 5 family members,  
2 adults maximum

More pass  
information  
on page 29

## Understanding Our Class Format

TOH - Town of Herndon rate and requires ID  
with address for every transaction

NR - Non-Resident rate

**NEW!**

New this Season

**DROP-IN**

No Registration Required

**NOR**

No Online Registration

**OR**

Ongoing Registration

NUMBER OF  
CLASSES

LENGTH OF CLASS

DATES NO  
CLASS HELD

#, ## minute classes

no class ###/##

M	5:30-7:30pm	1/3-6/30	\$00 / \$00	500000.00
DAY(S)	START-END TIME	START-END DATE	COST FOR TOH / NR	ACTIVITY NUMBER



Participants in activities sponsored or co-sponsored  
by the Parks & Recreation Department consent to the  
department's use of any photograph, film, or videotape of the  
activity in any marketing or promotional materials.

## How To Register

CHOOSE ONE OF FOUR WAYS TO REGISTER.

For Mail & In-Person options fill out the **registration form** on page 31  
and find **registration information** on page 30.



**ONLINE:** [herndonwebtrac.com](http://herndonwebtrac.com)



**WebTrac  
Updates**  
see page 14  
for more info.



**MAIL:** Herndon Parks and Recreation  
PO Box 427  
Herndon, VA 20172-0427



**IN-PERSON/  
DROP OFF:** Herndon Community Center  
814 Ferndale Avenue  
Herndon, VA 20170



703-318-8652  
**FAX:** Hearing Impaired Relay  
1-800-828-1120 TDD

"The introductory classes offered by the Herndon  
Parks and Recreation Department are a very cost  
effective way to be introduced to a new activity."

- Debbie, Great Falls, VA

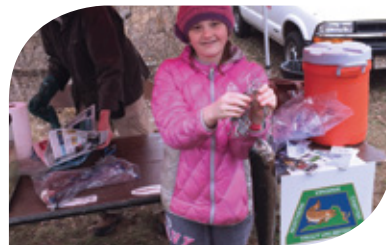


# Special Events *Be... Active, Playful, Creative*

## Kids' Trout Fishing Derby

**SATURDAY, March 11, 8:00am-12:00pm**

Herndon Parkway & Sugarland Run Trail Page 32



## Ice Breaker 5K Race

**SUNDAY, March 19, 8:00am**

Herndon Parkway & Sugarland Run Trail Page 24

## Aqua Egg Hunt

**SATURDAY, April 8, 1:30-4:00pm**

Herndon Community Center Page 5



## Easter Egg Hunt

**SATURDAY, April 15, 9:30am**

Town Green Page 32

## Bike to Work Day

**FRIDAY, May 19, 5:30-10:00am 4:30-6:00pm**

Town Hall Green Page 25



## Herndon Festival

**THURSDAY, June 1 - SUNDAY, June 4**

Downtown Herndon Page 25

OPEN HOUSE

HERNDON COMMUNITY CENTER

# Preschool

2017-2018 School Year



See page 24 for details.


## NO AQUATICS CLASSES:

» April 10-16 & May 27-29

## POOL CLOSED:

» **Saturday, April 8** from 1pm until close for the Aqua Egg Hunt event.

## Pool & Swimmer Information

- »  **We STRONGLY recommend no food to be eaten** one hour or less before participation in any swimming class.
- » **The pool is open only to lap swimmers** age 13 & up and scheduled swim lessons on Saturday & Sunday mornings until noon.
- » **A detailed listing of swimming class requirements** may be found at <http://bit.ly/HCCswim>. Children should be able to perform all prerequisite skills for a class easily and comfortably. Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.
- » **FREE swim evaluations** are available at no charge if you are unsure which class is appropriate for your child. Contact Christina Bolzman, Aquatic Programming Specialist, at **703-435-6800 x2134** to schedule an evaluation.

## Makeup Policy

**Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.**

**Have you been unable to be placed in a swim class of your choice?**

**Do you and your friends have free time during weekday afternoons from 12-3pm?**

Then it's time to  
**Design a Class!**



**Three to five swimmers** are needed to schedule a group lesson on the day that fits your schedule.

For more information, contact Aquatics Services Manager at **703-435-6800 x2128**.

Be Active

## » Preschool Aquatics

**ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.**

### **Baby and Me** Age 6 months-2 years

Parent and child swim together. The instructor works closely with the parent to help the infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

6, 25 minute classes		no class 4/10, 4/12, 4/15, 5/27, 5/29		
M	10:00-10:25am	3/13-4/24	\$51 / \$63	401200.10
M	10:00-10:25am	5/1-6/12	\$51 / \$63	401200.11
W	10:00-10:25am	3/15-4/26	\$51 / \$63	401200.30
W	10:00-10:25am	5/3-6/7	\$51 / \$63	401200.31
Sa	9:30-9:55am	3/11-4/22	\$51 / \$63	401100.60
Sa	9:30-9:55am	4/29-6/10	\$51 / \$63	401100.61

### **Toddler and Me** Age 18 months-3 years

Parent and child swim together. The instructor works closely with parent in helping the toddler develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

6, 25 minute classes		no class 4/10, 4/12, 4/15, 5/27, 5/29		
M	10:00-10:25am	3/13-4/24	\$51 / \$63	401200.10
M	10:00-10:25am	5/1-6/12	\$51 / \$63	401200.11
W	10:00-10:25am	3/15-4/26	\$51 / \$63	401200.30
W	10:00-10:25am	5/3-6/7	\$51 / \$63	401200.31
Sa	10:00-10:25am	3/11-4/22	\$51 / \$63	401200.60
Sa	10:30-10:55am	3/11-4/22	\$51 / \$63	401200.61
Sa	10:00-10:25am	4/29-6/10	\$51 / \$63	401200.62
Sa	10:30-10:55am	4/29-6/10	\$51 / \$63	401200.63

### **Preschooler and Me** Age 3-6

Parent and child swim together. The instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking. Swim with parent.

6, 25 minute classes		no class 4/15, 5/27		
Sa	9:00-9:25am	3/11-4/22	\$51 / \$63	401300.60
Sa	9:00-9:25am	4/29-6/10	\$51 / \$63	401300.61

### **Preschooler 1** Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

6, 25 minute classes		no class 4/10, 4/12, 4/15, 5/27, 5/29		
M	9:30-9:55am	3/13-4/24	\$51 / \$63	402100.10



8th  
annual

# Aqua Egg Hunt

## Saturday, April 8

1:30-4:00pm • Age 0-16

Everyone receives a prize!  
Jump in and let the egg hunt begin!

SWIM ATTIRE IS REQUIRED.

SPACE LIMITED:  
PRE-REGISTRATION RECOMMENDED

\$10\*

There will be an open swim for participants and  
their families beginning at 4:00pm.

**Age 6 & under**  
(parent required in the water)

1:30-1:40pm 409210.60  
1:50-2:00pm 409210.61  
2:10-2:20pm 409210.62

**Age 7-8**  
2:30-2:40pm 409210.63  
2:50-3:00pm 409210.64

**Age 9-10**  
3:10-3:20pm 409210.65

**Age 11-12**  
3:30-3:40pm 409210.66

**Age 13-16**  
3:50-4:00pm 409210.67

\*includes one parent and one child

### Preschool 1 (continued)

6, 25 minute classes no class 4/10, 4/12, 4/15, 5/27, 5/29

M	9:30-9:55am	5/1-6/12	\$51 / \$63	402100.14
W	9:30-9:55am	3/15-4/26	\$51 / \$63	402100.30
W	9:30-9:55am	5/3-6/7	\$51 / \$63	402100.32
Sa	8:30-8:55am	3/11-4/22	\$51 / \$63	402100.60
Sa	9:30-9:55am	3/11-4/22	\$51 / \$63	402100.61
Sa	11:30-11:55am	3/11-4/22	\$51 / \$63	402100.62
Sa	8:30-8:55am	4/29-6/10	\$51 / \$63	402100.63
Sa	9:30-9:55am	4/29-6/10	\$51 / \$63	402100.64
Sa	11:30-11:55am	4/29-6/10	\$51 / \$63	402100.65

8, 25 minute classes no class 5/29

M/W	6:30-6:55pm	3/13-4/5	\$67 / \$83	402100.11
M/W	6:30-6:55pm	4/17-5/10	\$67 / \$83	402100.12
M/W	6:30-6:55pm	5/15-6/12	\$67 / \$83	402100.15
Tu/Th	6:00-6:25pm	3/14-4/6	\$67 / \$83	402100.25
Tu/Th	6:00-6:25pm	4/18-5/11	\$67 / \$83	402100.26
Tu/Th	6:00-6:25pm	5/16-6/8	\$67 / \$83	402100.27
Tu/Th	7:00-7:25pm	3/14-4/6	\$67 / \$83	402100.21
Tu/Th	7:00-7:25pm	4/18-5/11	\$67 / \$83	402100.22
Tu/Th	7:00-7:25pm	5/16-6/8	\$67 / \$83	402100.24

10, 25 minute classes no class 4/16

Su	10:00-10:25am	3/12-5/21	\$83 / \$103	402100.70
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### Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

6, 25 minute classes no class 4/10, 4/12, 4/15, 5/27, 5/29

M	9:00-9:25am	3/13-4/24	\$51 / \$63	402200.10
M	9:00-9:25am	5/1-6/12	\$51 / \$63	402200.13
W	9:00-9:25am	3/15-4/26	\$51 / \$63	402200.30
W	9:00-9:25am	5/3-6/7	\$51 / \$63	402200.32
Sa	9:00-9:25am	3/11-4/22	\$51 / \$63	402200.60
Sa	10:00-10:25am	3/11-4/22	\$51 / \$63	402200.61

### Preschool 2 (continued)

6, 25 minute classes no class 4/10, 4/12, 4/15, 5/27, 5/29

Sa	9:00-9:25am	4/29-6/10	\$51 / \$63	402200.62
Sa	10:00-10:25am	4/29-6/10	\$51 / \$63	402200.63

8, 25 minute classes no class 5/29

M/W	7:00-7:25pm	3/13-4/5	\$67 / \$83	402200.11
M/W	7:00-7:25pm	4/17-5/10	\$67 / \$83	402200.12
M/W	7:00-7:25pm	5/15-6/12	\$67 / \$83	402200.14
M/W	6:00-6:25pm	3/13-4/5	\$67 / \$83	402200.17
M/W	6:00-6:25pm	4/17-5/10	\$67 / \$83	402200.18
M/W	6:00-6:25pm	5/15-6/12	\$67 / \$83	402200.19
Tu/Th	6:30-6:55pm	3/14-4/6	\$67 / \$83	402200.21
Tu/Th	6:30-6:55pm	4/18-5/11	\$67 / \$83	402200.22
Tu/Th	6:30-6:55pm	5/16-6/8	\$67 / \$83	402200.24

10, 25 minute classes no class 4/16

Su	10:30-10:55am	3/12-5/21	\$83 / \$103	402200.70
Su	11:30-11:55am	3/12-5/21	\$83 / \$103	402200.71

### Preschooler 3 Age 4-6

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute classes no class 4/10, 4/12, 4/15, 5/27, 5/29

M	10:30-10:55am	3/13-4/24	\$51 / \$63	402300.10
M	10:30-10:55am	5/1-6/12	\$51 / \$63	402300.13
W	10:30-10:55am	3/15-4/26	\$51 / \$63	402300.30
W	10:30-10:55am	5/3-6/7	\$51 / \$63	402300.32
Sa	10:30-10:55am	3/11-4/22	\$51 / \$63	402300.60
Sa	10:30-10:55am	4/29-6/10	\$51 / \$63	402300.61

8, 25 minute classes no class 5/29

M/W	5:00-5:25pm	3/13-4/5	\$67 / \$83	402300.11
M/W	5:00-5:25pm	4/17-5/10	\$67 / \$83	402300.12
M/W	5:00-5:25pm	5/15-6/12	\$67 / \$83	402300.14
Tu/Th	5:30-5:55pm	3/14-4/6	\$67 / \$83	402300.21
Tu/Th	5:30-5:55pm	4/18-5/11	\$67 / \$83	402300.22
Tu/Th	5:30-5:55pm	5/16-6/8	\$67 / \$83	402300.24

10, 25 minute classes no class 4/16

Su	11:00-11:25am	3/12-5/21	\$83 / \$103	402300.70
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### Preschooler 4 Age 4-6

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute classes no class 4/15, 5/27

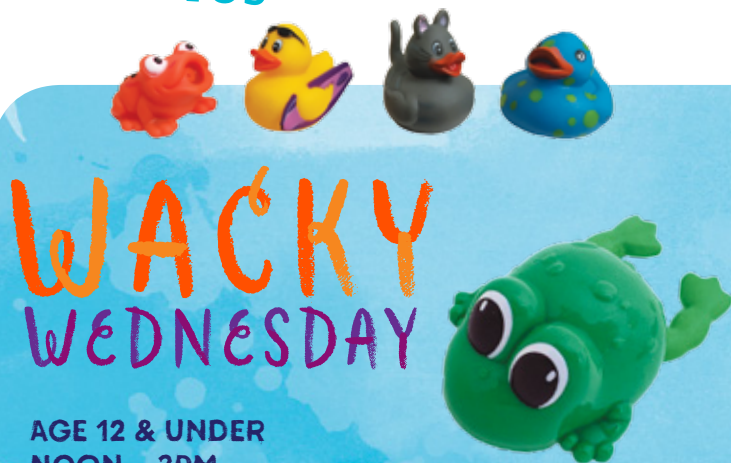
Sa	11:00-11:25am	3/11-4/22	\$51 / \$63	402400.60
Sa	11:00-11:25am	4/29-6/10	\$51 / \$63	402400.61

8, 25 minute classes no class 5/29

M/W	5:30-5:55pm	3/13-4/5	\$67 / \$83	402400.11
M/W	5:30-5:55pm	4/17-5/10	\$67 / \$83	402400.12
M/W	5:30-5:55pm	5/15-6/12	\$67 / \$83	402400.14
Tu/Th	5:00-5:25pm	3/14-4/6	\$67 / \$83	402400.21
Tu/Th	5:00-5:25pm	4/18-5/11	\$67 / \$83	402400.22
Tu/Th	5:00-5:25pm	5/16-6/8	\$67 / \$83	402400.24

10, 25 minute classes no class 4/16

Su	9:30-9:55am	3/12-5/21	\$83 / \$103	402400.70
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**AGE 12 & UNDER**  
**NOON - 3PM**

Come join us in the pool for great fun and games for the younger crowd. The training pool will be available for kids (must be with an adult in the water) and filled with our wacky water toys. Programming may occur during this time using some areas of the pool.

**\$5 parent/child**  
**\$2 each additional child**

### FREE SWIM EVALUATIONS

If you do not know which class is appropriate for your child, please contact Christina Bolzman, Aquatic Programming Specialist, at 703-435-6800 x2134 to schedule an evaluation at no charge.



## Float Night

Our Viking Ship float will be out to play on the **third Friday of every month** from **7:30pm until closing**. Play on the float or bring your own floats and toys and have fun with the whole family.

### Did You Know?

The Viking Ship sets sail in the pool most **Saturdays and Sundays from 1-4pm!**

### Preschooler 5 Age 4-6

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

#### 6, 25 minute classes

no class 4/15, 5/27

Sa	11:30-11:55am	3/11-4/22	\$51 / \$63	402400.60
Sa	11:30-11:55am	4/29-6/10	\$51 / \$63	402400.61

### » Youth

**ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.**

### Swim 1 Age 6-12

Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

#### 6, 30 minute classes

no class 4/10, 4/15, 5/27, 5/29

M	4:00-4:30pm	3/13-4/24	\$51 / \$63	403110.14
M	4:00-4:30pm	5/1-6/12	\$51 / \$63	403110.15
Sa	11:00-11:30am	3/11-4/22	\$51 / \$63	403110.60
Sa	11:00-11:30am	4/29-6/10	\$51 / \$63	403110.61

#### 8, 30 minute classes

no class 5/29

M/W	6:00-6:30pm	3/13-4/5	\$67 / \$83	403110.11
M/W	6:00-6:30pm	4/17-5/10	\$67 / \$83	403110.12
M/W	6:00-6:30pm	5/15-6/12	\$67 / \$83	403110.13
Tu/Th	5:00-5:30pm	3/14-4/6	\$67 / \$83	403110.21
Tu/Th	5:00-5:30pm	4/18-5/11	\$67 / \$83	403110.22
Tu/Th	5:00-5:30pm	5/16-6/8	\$67 / \$83	403110.23

#### 10, 30 minute classes

no class 4/16

Su	11:30am-12:00pm	3/12-5/21	\$83 / \$103	403110.70
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### Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

#### 6, 30 minute classes

no class 4/10, 4/15, 5/27, 5/29

M	4:30-5:00pm	3/13-4/24	\$51 / \$63	403210.14
M	4:30-5:00pm	5/1-6/12	\$51 / \$63	403210.15
Sa	10:30-11:00am	3/11-4/22	\$51 / \$63	403210.60
Sa	10:30-11:00am	4/29-6/10	\$51 / \$63	403210.61

#### 8, 30 minute classes

no class 5/29

M/W	6:30-7:00pm	3/13-4/5	\$67 / \$83	403210.11
M/W	6:30-7:00pm	4/17-5/10	\$67 / \$83	403210.12
M/W	6:30-7:00pm	5/15-6/12	\$67 / \$83	403210.13
Tu/Th	5:30-6:00pm	3/14-4/6	\$67 / \$83	403210.21
Tu/Th	5:30-6:00pm	4/18-5/11	\$67 / \$83	403210.22
Tu/Th	5:30-6:00pm	5/16-6/8	\$67 / \$83	403210.23

#### 10, 30 minute classes

no class 4/16

Su	11:00-11:30am	3/12-5/21	\$83 / \$103	403210.70
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**Swim 3** Age 6-12

Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

**6, 30 minute classes** no class 4/10, 4/15, 5/27, 5/29

M	4:00-4:30pm	3/13-4/24	\$51 / \$63	403310.13
M	4:00-4:30pm	5/1-6/12	\$51 / \$63	403310.15
Sa	10:00-10:30am	3/11-4/22	\$51 / \$63	403310.60
Sa	10:00-10:30am	4/29-6/10	\$51 / \$63	403310.61

**8, 30 minute classes** no class 5/29

M/W	5:30-6:00pm	3/13-4/5	\$67 / \$83	403310.11
M/W	5:30-6:00pm	4/17-5/10	\$67 / \$83	403310.12
M/W	5:30-6:00pm	5/15-6/12	\$67 / \$83	403310.14
Tu/Th	6:30-7:00pm	3/14-4/6	\$67 / \$83	403310.21
Tu/Th	6:30-7:00pm	4/18-5/11	\$67 / \$83	403310.22
Tu/Th	6:30-7:00pm	5/16-6/8	\$67 / \$83	403310.23

**10, 30 minute classes** no class 4/16

Su	10:30-11:00am	3/12-5/21	\$83 / \$103	403310.70
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**Swim 4** Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are introduced.

**6, 30 minute classes** no class 4/10, 4/15, 5/27, 5/29

M	4:30-5:00pm	3/13-4/24	\$51 / \$63	403410.13
M	4:30-5:00pm	5/1-6/12	\$51 / \$63	403410.15
Sa	9:30-10:00am	3/11-4/22	\$51 / \$63	403410.60
Sa	9:30-10:00am	4/29-6/10	\$51 / \$63	403410.61

**8, 30 minute classes** no class 5/29

M/W	5:00-5:30pm	3/13-4/5	\$67 / \$83	403410.11
M/W	5:00-5:30pm	4/17-5/10	\$67 / \$83	403410.12
M/W	5:00-5:30pm	5/15-6/12	\$67 / \$83	403410.14
Tu/Th	6:00-6:30pm	3/14-4/6	\$67 / \$83	403410.21
Tu/Th	6:00-6:30pm	4/18-5/11	\$67 / \$83	403410.22
Tu/Th	6:00-6:30pm	5/16-6/8	\$67 / \$83	403410.23
Tu/Th	7:00-7:30pm	3/14-4/6	\$67 / \$83	403410.24
Tu/Th	7:00-7:30pm	4/18-5/11	\$67 / \$83	403410.25
Tu/Th	7:00-7:30pm	5/16-6/8	\$67 / \$83	403410.26

**10, 30 minute classes** no class 4/16

Su	10:00-10:30am	3/12-5/21	\$83 / \$103	403410.70
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**Swim 5** Age 6-12

Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

**8, 30 minute classes**

Tu/Th	5:00-5:30pm	3/14-4/6	\$67/\$83	403510.20
Tu/Th	5:00-5:30pm	4/18-5/11	\$67/\$83	403510.21
Tu/Th	5:00-5:30pm	5/16-6/8	\$67/\$83	403510.22

**6, 45 minute classes** no class 4/15, 5/27

Sa	8:45-9:30am	3/11-4/22	\$75 / \$93	403510.60
Sa	8:45-9:30am	4/29-6/10	\$75 / \$93	403510.61

**10, 45 minute classes** no class 4/16

Su	9:15-10:00am	3/12-5/21	\$123 / \$153	403510.70
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**» Adapted Aquatics**

For children with physical or mental disabilities who want to work on their swimming abilities. Volunteers are needed; training will be provided before the first day of class. Great community service project for high school students! Please call the Aquatics Services Manager at 703-435-6800 x2128 if you have any questions regarding this program. Parents may need to assist in the water if there is a lack of volunteers.

**Beginner** Age 5-16

Focus is on water adjustment, safety and skills that are tailored to the needs of each participant.

**6, 30 minute classes** no class 4/14

F	4:00-4:30pm	3/17-4/28	\$51 / \$63	403810.50
F	4:30-5:00pm	3/17-4/28	\$51 / \$63	403810.51
F	4:00-4:30pm	5/5-6/9	\$51 / \$63	403810.52
F	4:30-5:00pm	5/5-6/9	\$51 / \$63	403810.53

**Advanced** Age 5-16

The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes.

**6, 30 minute classes** no class 4/14

F	5:00-5:30pm	3/17-4/28	\$51 / \$63	403910.50
F	5:00-5:30pm	5/5-6/9	\$51 / \$63	403910.51

**» Stroke Development & Preparedness****Youth Developmental Workout** Age 5-16

Classes are designed to improve the stroke technique and endurance of the student. **The classes are now based on swim skills rather than age. Mandatory requirements have been established for Youth Developmental levels and all swimmers must meet the requirements to participate in the class.**

- » For **Youth Developmental 1**, Students must have the ability to swim 25 yards of front crawl with rotary breathing and 25 yards of backstroke without stopping. Students will work on and develop butterfly and breaststroke throughout the session.
- » For **Youth Developmental 2**, Students must be able to swim 50 yards of front crawl with rotary breathing and backstroke without stopping, plus 25 yards each of legal butterfly and breaststrokes.

**Youth Developmental 1****10, 45 minute classes** no class 4/10, 4/15, 4/16

Sa	11:00-11:45am	3/11-5/20	\$113 / \$143	404110.60
Su	11:30am-12:15pm	3/12-5/21	\$113 / \$143	404110.70
Su	4:00-4:45pm	3/12-5/21	\$113 / \$143	404110.71
Su	5:30-6:15pm	3/12-5/21	\$113 / \$143	404110.72
M	2:15-3:00pm	3/13-5/22	\$113 / \$143	404110.11

**Youth Developmental 2****10, 45 minute classes** no class 4/15, 4/16

Sa	11:45am-12:30pm	3/11-5/20	\$113 / \$143	404210.61
Su	10:45-11:30am	3/12-5/21	\$113 / \$143	404210.76
Su	4:45-5:30pm	3/12-5/21	\$113 / \$143	404210.74
Su	6:15-7:00pm	3/12-5/21	\$113 / \$143	404210.75

## Diving Guidelines

### Introduction to Diving

No previous diving experience necessary, but must be able to:

- » Be comfortable in deep water
- » Swim 25 yards

### Diving 1

Successful completion of Introduction to Diving or the ability to:

- » Be comfortable in deep water
- » Swim 25 yards
- » Dive head first from the side of the pool

### Diving 2

Instructor permission recommended and successful completion of Diving 1 or the ability to:

- » Swim 25 yards
- » Forward approach of 3 steps, hurdle and tuck dive

### Diving 3

Instructor permission and successful completion of Diving 2 or the ability to:

- » Compete on a dive team
- » Swim 25 yards
- » Forward optional dives (flips)
- » Back and inward dives

## » Diving

### Introduction to Diving Age 5-12

Teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

#### 6, 30 minute classes no class 3/21, 4/11

Tu	5:15-5:45pm	3/14-5/2	\$51 / \$63	404510.20
Tu	5:15-5:45pm	5/9-6/13	\$51 / \$63	404510.21

### Diving 1 Age 7-14

Introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

#### 6, 45 minute classes no class 3/21, 4/11

Tu	5:45-6:30pm	3/14-5/2	\$75 / \$93	404610.20
Tu	5:45-6:30pm	5/9-6/13	\$75 / \$93	404610.21

### Diving 2 Age 7-17

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

#### 6, 60 minute classes no class 3/21, 4/11

Tu	6:30-7:30pm	3/14-5/2	\$99 / \$123	404710.20
Tu	6:30-7:30pm	5/9-6/13	\$99 / \$123	404710.21



Adult Beginner to Master Classes Available

## » Adult

### Adult Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water is taught. Basic stroke technique is introduced.

#### 6, 45 minute classes no class 4/10, 4/15, 5/29

M	10:00-10:45am	3/13-4/24	\$75 / \$93	406130.10
M	10:00-10:45am	5/1-6/12	\$75 / \$93	406130.11
Sa	10:30-11:15am	3/11-4/22	\$75 / \$93	406130.60
Sa	12:00-12:45pm	3/11-4/22	\$75 / \$93	406130.62
Sa	10:30-11:15am	4/29-6/10	\$75 / \$93	406130.61
Sa	12:00-12:45pm	4/29-6/10	\$75 / \$93	406130.64

#### 10, 45 minute classes no class 4/16

Su	11:15am-12:00pm	3/12-5/21	\$123 / \$153	406130.70
Su	12:00-12:45pm	3/12-5/21	\$123 / \$153	406130.71

### Adult Advanced Beginner Age 16 & up

For students who have passed Adult Beginner or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke and breaststroke. Treading water and introduction to breathing are included in this class.

#### 6, 45 minute classes no class 4/15, 5/27

M	10:45-11:30am	3/13-4/24	\$75/\$93	406230.10
M	10:45-11:30am	5/1-6/12	\$75/\$93	406230.11
Sa	11:15am-12:00pm	3/11-4/22	\$75 / \$93	406230.60
Sa	11:15am-12:00pm	4/29-6/10	\$75 / \$93	406230.61
Sa	12:00-12:45pm	3/11-4/22	\$75 / \$93	406230.62
Sa	12:00-12:45pm	4/29-6/10	\$75 / \$93	406230.63

#### 10, 45 minute classes no class 4/16

Su	10:30-11:15am	3/12-5/21	\$123 / \$153	406230.70
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### Adult Intermediate Age 16 & up

This class is for anyone who has completed Adult Advanced Beginner or looking for stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving and butterfly are introduced.

#### 6, 45 minute classes no class 4/15, 5/27

Sa	12:45-1:30pm	3/11-4/22	\$75 / \$93	406330.60
Sa	12:45-1:30pm	4/29-6/10	\$75 / \$93	406330.61

### Masters Swim Team Age 18 & up

Come and get a great workout with other swimmers. Workouts are planned and coached by certified swim coaches. Drop-ins welcome! (\$10 drop-in fee per practice)

#### 38, 60 minute classes no class 4/10, 4/11, 4/13, 5/29

M/ Tu/Th	8:30-9:30pm	3/13-6/8	\$152 / \$190	406630.10
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## » Aquatics Extras

**Water Safety Instructor** Age 16 & up

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages, from infants to adults. You will receive practical teaching experience. All students must be 16 years of age by the last day of class, and complete a Water Safety precourse test. Students must attend all class sessions to pass this course! For more information and to obtain a list of precourse skills, please call Kerstin T. Severin at 703-435-6800 x2128.

**8, 4 hour classes**

M-M	6:00-10:00pm	5/15-5/22	\$286 / \$346	407130.50
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**Lifeguard Training Class** Age 15 & up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid and CPR/AED for the Professional Rescuer. Students must be 15 years old by the last day to be eligible to enroll. Participants must also pass a precourse swimming test to remain in the course. Call Dylan Evans for prerequisites at 703-435-6800 x2117.

**6, 8 hour classes**

M-Sa	9:00am-5:00pm	4/8-4/14	\$286 / \$346	407230.60
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**4, 9 hour classes**

Sa/Su	9:00am-6:00pm	5/13-5/21	\$286 / \$346	407230.61
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**Lifeguard Review Class**

For currently certified American Red Cross lifeguards. Candidates must have a copy of their current certification with them the first day of the class and complete the prerequisite swim test. Students must attend all class sessions to pass this course!

**2, 8 hour classes**

Sa/Su	9:00am-5:00pm	4/8-4/9	\$150 / \$150	407230.62
Sa/Su	9:00am-5:00pm	5/6-5/7	\$150 / \$150	407230.63
Sa/Su	9:00am-5:00pm	6/3-6/4	\$150 / \$150	407230.64

## » Aquatic Fitness

**Power Splash** Age 16 & up

Fun and energetic class that uses a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total-body workout incorporating circuits and intervals while using buoys, noodles and plyometrics. Participants must be comfortable in deep water.

**12, 60 minute classes** no class 4/14

F	8:00-9:00am	3/17-6/9	\$96 / \$120	408230.50
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**Therapeutic Water Workout** Age 16 & up

Low-intensity water exercise program designed for those with chronic illnesses: arthritis, painful joints and general weakness. The class focuses on increasing range of motion, mobility and strengthening. Rubber-soled shoes are recommended.

**24, 60 minute classes** no class 4/11, 4/13

Tu/Th	10:00-11:00am	3/14-6/8	\$192 / \$240	408330.20
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**Senior Water Aerobics** Age 16 & up

Exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved. Rubber-soled water shoes are strongly recommended.

**13, 60 minute classes**

F	9:00-10:00am	3/17-6/9	\$104 / \$130	408440.50
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**24, 60 minute classes**

no class 4/10, 4/12, 5/29

M/W	9:00-10:00am	3/13-6/12	\$192 / \$240	408440.10
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**Water Aerobics** Age 16 & up

The total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled shoes are strongly recommended.

**24, 60 minute classes**

no class 4/11, 4/13

Tu/Th	9:30-10:30am	3/14-6/8	\$192 / \$240	408530.20
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**Water Walking** Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12 foot area.

**24, 60 minute classes**

no class 4/10, 4/12, 5/29

M/W	8:00-9:00am	3/13-6/12	\$192 / \$240	408630.10
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**Deep Water 1** Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the benefits of toning and strengthening muscles. Swimming skills not necessary, but participants must be comfortable in deep water.

**12, 60 minute classes**

no class 4/15, 5/27

Sa	8:00-9:00am	3/11-6/10	\$96 / \$120	408730.60
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**24, 1 hour classes**

no class 4/10, 4/11, 4/12, 4/13, 5/29

M/W	6:30-7:30pm	3/13-6/12	\$192 / \$240	408730.10
Tu/Th	8:30-9:30am	3/14-6/8	\$192 / \$240	408730.20

**Deep Water 2** Age 16 & up

This is the ultimate cardio challenge in deep water! A fast paced, high intensity class that will help tone and strengthen. Flotation devices are used, but participants should be able to tread water without any flotation aids.

**24, 60 minute classes**

no class 4/10, 4/11, 4/12, 4/13, 5/29

M/W	7:30-8:30pm	3/13-6/12	\$192 / \$240	408830.10
Tu/Th	7:30-8:30am	3/14-6/8	\$192 / \$240	408830.20

**Aqua ZUMBA®** Age 16 & up






















Make a splash and join our "pool party" workout for all ages! Aqua Zumba is a safe, effective and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.

**12, 60 minute classes**

no class 4/13

Th	7:30-8:30am	3/16-6/8	\$96 / \$120	408930.40
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## SPRING 2017 DROP-IN EXERCISE CLASS SCHEDULE

<b>MON.</b>		<b>Body Blaster Circuit</b> 9:25-10:25am		 5:30-6:30pm	 6:40-7:40pm	 6:45-7:45pm	
<b>TUE.</b>	 6:00-7:00am	<b>Cardio-Sculpt Interval</b> 9:30-10:30am	<b>Ab Express</b> 12:15-1:00pm	 5:30-6:30pm	 5:30-6:30pm	 6:40-7:40pm	 7:50-8:50pm
<b>WED.</b>		<b>Body Blaster Circuit</b> 9:25-10:25am		 5:00-6:00pm	 6:00-7:00pm	 7:10-8:10pm	
<b>THR.</b>	 6:00-7:00am	 7:30-8:30am	<b>Cardio-Sculpt Interval</b> 9:30-10:30am	<b>Ab Express</b> 12:15-1:00pm	 5:30-6:30pm	 5:30-6:30pm	 6:40-7:40pm
<b>FRI.</b>		<b>Fit-Mix</b> 9:10-10:10am	 5:25-6:25pm	 <b>Use your smart phone to scan or go online to <a href="http://bit.ly/dropfit">http://bit.ly/dropfit</a> for the most up-to-date Drop-In Fitness Schedule.</b>  » Instructor subject to change during the season. » <b>Please do not enter a class more than ten minutes past the scheduled start time.</b> » Drop-In Exercise classes are designed for age 16 & up. » Please consult your doctor prior to starting any exercise program.  » Some classes may reach capacity or have limited specialty equipment available. » Drop-In classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates. See page 33 for details on becoming a pass holder. » Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300.			
<b>SAT.</b>		 10:15-11:15am	 11:30am-12:30pm				
<b>SUN.</b>	 9:00-10:00am	<b>Schedule Effective Monday, March 13 - Sunday, June 18.</b>					

### » DROP-IN Exercise Classes

#### **Ab Express** Age 16 & up

Ab Express is a half hour intense core workout. You'll work your entire core and learn new exercises to help sculpt your body! This class is a great way to fit a quick but challenging workout into your busy day and is appropriate for all fitness levels. **Tu/Th 12:15-1:00pm**

#### **Aqua ZUMBA®** Age 16 & up

Make a splash and join our "pool party" workout for all ages! Aqua ZUMBA is a safe, effective and challenging water-based workout that integrates the ZUMBA formula and philosophy into traditional aqua fitness disciplines. **\*\*This is a registration-only class.\*\***

See page 9 for more info.

#### **Body Blaster Circuit** Age 16 & up

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body. This is a drop-in class. Please join us on any class day. Just stop by the front desk and pay your daily admission or use your multi-visit pass. **No class 5/29 M/W 9:25-10:25am**

#### **Cardio/Sculpt Interval (CSI)** Age 16 & up

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

**Tu/Th 9:30-10:30am**

#### **Fit-Mix** Age 16 & up

Try a fresh, new blend of core strengthening, flexibility, and stretching. This low-impact class uses a variety of exercising techniques drawing from all areas of fitness. Slowly flowing from one exercise to the next and ending with an extended cool-down. It's a perfect recipe for a healthy body and mind. **F 9:10-10:10am**



Drop-In Fitness classes are included with HCC admission.

### Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register. **Monday-Friday | 6-7:15am**





AGE 16 & up

BODYPUMP™ is a barbell class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP™ gives you a total body workout that burns lots of calories. The rep effect – a scientifically proven Les Mills formula – is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a BODYPUMP™ class will help you achieve much more than you would be able to on your own!

<b>M</b>	<b>6:40-7:40pm</b>
<b>Tu</b>	<b>6:40-7:40pm</b>
<b>W</b>	<b>6:00-7:00pm</b>
<b>Th</b>	<b>6:40-7:40pm</b>
<b>Sa</b>	<b>10:15-11:15am</b>

No class 5/29



AGE 16 & up

BODYCOMBAT™ is a high-energy martial arts-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up to 545 calories in a class. The moves are simple so no need to be especially coordinated and no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

<b>Tu/Th</b>	<b>5:30-6:30pm</b>
<b>W</b>	<b>7:10-8:10pm</b>
<b>Su</b>	<b>9:00-10:00am</b>



Take advantage of the free drop-off babysitting service run by our friendly staff.

## Kid Care

**MORNING:**  
M/W 9-11:30am  
Tu/Th 9am-12pm

**EVENING:**  
M/Tu 5:30-8:15pm  
W/Th 5-8pm  
F 5:15-7pm

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

**Note:** Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.



AGE 16 & up

A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

<b>M 5:30-6:30pm</b>	<b>W 5:00-6:00pm</b>
<b>M 6:45-7:45pm</b>	<b>Th 6:00-7:00am</b>
<b>Tu 6:00-7:00am</b>	<b>Th 5:30-6:30pm</b>
<b>Tu 5:30-6:30pm</b>	<b>F 5:25-6:25pm</b>
<b>Tu 7:50-8:50pm</b>	<b>Sa 11:30am-12:30pm</b>

No class 5/29

## Friday, April 29 7:30-9:00pm

Join our team of Herndon Community Center ZUMBA® instructors as we celebrate life, ZUMBA®, movement and music. All your favorite moves and grooves and your favorite instructors together for one great night of fun.

Refreshments, door prizes and a whole lot of dancing!

**426830.50**

*Come & celebrate with us!*

**\$10 advanced pre-purchase, \$15 at the door**

## PLEASE NOTE:

Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.

**NOR** Indicates no Online Registration available.

## » Small Group Fitness

### The Big Downsize Age 16 & up

The Big Downsize is a fun and encouraging class designed especially for men and women who have more than 50 pounds to lose. Special consideration is given to the unique mental and physical challenges of being extremely overweight. This class addresses both social and physical barriers to working out - such as exercising in public and getting up and down off the floor. The class meets in an exclusively reserved training studio and promotes good health habits in a low-key, educational, non-judgmental environment.

13, 60 minute classes no class 5/29

M	7:00-8:00pm	3/13-6/12	\$111 / \$139	420230.10
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14, 60 minute classes

W	7:00-8:00pm	3/15-6/14	\$119 / \$149	420230.30
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### Morning Buzz Age 16 & up

Roll out of bed and get ready to start your day with a bit of sweat and a fantastic jolt to your metabolism! Hit every muscle group as you burn calories, zipping through stations using different fitness equipment, including battle ropes, ViPR, BOSU and TRX. Enjoy the energy buzz you'll feel all day.

14, 60 minute classes

W	6:15-7:15am	3/15-6/14	\$119 / \$149	420930.30
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F	6:15-7:15am	3/17-6/16	\$119 / \$149	420930.50
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### Circuit Breaker Age 16 & up

Amp up your workout in this electrifying fast-paced circuit style class! Circuit training is a total body challenge that is designed to combine resistance training and aerobics, which target strength building, improve agility and muscular endurance. Get ready to break a sweat!

13, 60 minute classes no class 5/29

M	6:00-7:00pm	3/13-6/12	\$111 / \$139	420530.10
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14, 60 minute classes

W	6:00-7:00pm	3/15-6/14	\$119 / \$149	420530.30
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### Lunch Crunch Age 16 & up

It's too easy to get into a boring routine when you're crunched for time. Designed for a small group by our trainers, come mix it up with this total-body circuit.

13, 60 minute classes no class 5/29

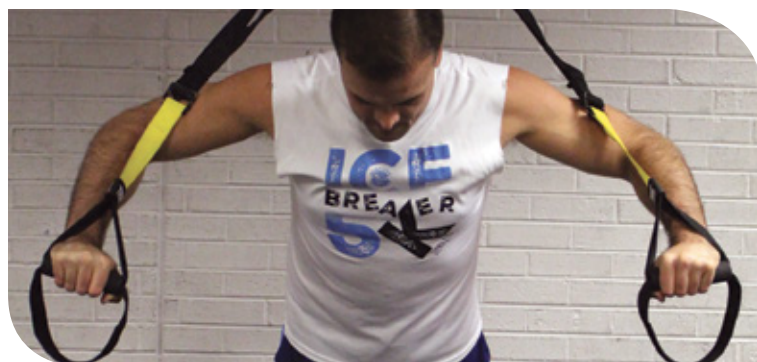
M	12:00-1:00pm	3/13-6/12	\$111 / \$139	420730.10
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14, 60 minute classes

Tu	12:00-1:00pm	3/14-6/13	\$119 / \$149	420730.20
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W	12:00-1:00pm	3/15-6/14	\$119 / \$149	420730.30
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Th	12:00-1:00pm	3/16-6/15	\$119 / \$149	420730.40
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Our TRX classes are good for all levels.

### Kettlebell Training Age 16 & up

Kettlebells provide an amazing workout in a relatively short amount of time, but mastering technique and proper form are imperative to reaping the benefits and preventing injury. They strengthen key muscles of the lower body, challenge core and upper body, and are highly effective in improving total-body strength. Because of the high-intensity nature of this style of training, it is also a great cardio boost. The beginner class teaches basic kettlebell moves and builds to progressions over the course of the session.

#### Beginner

14, 45 minute classes

T	5:15-6:00pm	3/14-6/13	\$105 / \$131	421430.20
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#### Intermediate

14, 60 minute classes

Th	6:30-7:30pm	3/16-6/15	\$119 / \$149	421430.41
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#### Advanced

14, 60 minute classes

Th	5:30-6:30pm	3/16-6/15	\$119 / \$149	421430.40
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### Fit Boxing Age 18 & up

Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to be in the best shape of your life.

14, 60 minute classes

Th	7:40-8:40pm	3/16-6/15	\$119 / \$149	420330.41
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NEW!

### Half Marathon Training Age 16 & up

Does running 13.1 miles intimidate you? Then this is the class for you! Join the excitement of training for your first-ever half marathon (or get back into running shape) with a certified running coach. Thirteen point one miles is a challenge but will not require the same time-commitment as training for a full marathon. Fine tune endurance, work on speed and gait all while learning how to mentally prepare for running longer distances each week. Sign up for this 12 week training program, and finish the race with a smile on your face! The class culminates with the running of a local half marathon in early June. All participants register for the race independently of HCC programs.

12, 90 minute classes

Th	6:00-7:30pm	3/16-6/1	\$153 / \$192	420430.40
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## TRX Suspension Training Age 16 & up

TRX provides a full body workout like you've never experienced before. These straps fire up the core and work muscles you didn't even know you had while allowing modifications for all ages and levels. The beginner class allows for longer transition times, pace, and additional modifications.

### Beginner

#### 14, 45 minute classes

F	9:30-10:15am	3/17-6/16	\$119/\$149	422430.51
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### Intermediate

#### 14, 45 minute classes

Tu	7:00-7:45pm	3/14-6/13	\$119 / \$149	422430.24
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#### 14, 30 minute classes

F	12:30-1:00pm	3/17-6/16	\$105 / \$131	422430.50
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## Small Group Personal Training for Teachers 🍎

### Age 16 & up

Teachers! Get the benefit of working out with a personal trainer at a fraction of the cost. Small Group Personal Training for Teachers is not only a great value, but is conveniently scheduled after school.

#### 12, 60 minute classes no class 4/10,5/29

M	4:15-5:15pm	3/13-6/12	\$102 / \$128	422530.11
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#### 13, 60 minute classes no class 4/12

W	4:45-5:45pm	3/15-6/14	\$111 / \$139	422530.31
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Improve your running skills.



## Festival 5K Training

### Age 16 & up

The Herndon Festival 5K/10K race takes place on Sunday, June 4th and your training starts now! Planning to run your first 5K, take your running to the next level or simply

improving on your personal best? We can help! Meet with a certified running coach weekly to work on your running technique, endurance base, proper form and core strength. Running portion will be held outdoors, so dress accordingly. Race registration for the Herndon Festival 5K/10K is included in cost of program.

#### 12, 75 minute classes

Tu	6:00-7:15pm	3/14-5/30	\$128 / \$160	420130.20
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## Cyclist Cross-training Age 16 & up

Cycling enthusiasts - be a stronger, more efficient, and more durable rider. Join our dynamic cross-training program to improve your strength, flexibility and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, sport-specific resistance training and stretching. This type of training off the bike will lead you to perform better on the road.

#### 14, 60 minute classes

Tu	6:00-7:00pm	3/14-6/13	\$119 / \$149	422850.20
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## » Active Adult Fitness

## Balance Training Age 55 & up

Balance is the key to fall prevention, performing our "activities of daily living" well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and practicing balance specific exercises.

#### 14, 45 minute classes

Tu	9:30-10:15am	3/14-6/13	\$84 / \$105	421730.20
Th	9:30-10:15am	3/16-6/15	\$84 / \$105	421730.40

## Turn Back the Clock Age 55 & up

With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout.

#### 13, 45 minute classes

no class 5/29

M	8:30-9:15am	3/13-6/12	\$78 / \$98	421830.10
M	9:30-10:15am	3/13-6/12	\$78 / \$98	421830.11

#### 14, 45 minute classes

W	8:30-9:15am	3/15-6/14	\$84 / \$105	421830.31
W	9:30-10:15am	3/15-6/14	\$84 / \$105	421830.30

## Strength Circuit Age 55 & up

Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome. Modifications will be made for individuals with physical restrictions.

#### 13, 45 minute classes

no class 5/29

M	9:30-10:15am	3/13-6/12	\$78 / \$98	421940.10
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#### 14, 45 minute classes

Th	9:30-10:15am	3/16-6/15	\$84 / \$105	421940.40
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## BOOT CAMP FOR WOMEN & MEN

*Dedication, Determination, Motivation and Fun*

Class is designed for all levels of ability.

Classes held outdoors at the Herndon Community Center/Bready Park.

Classes are held indoors in the event of inclement weather.

**Other locations:** Check our updated listing on [www.FIResults.com](http://www.FIResults.com)

or call 1-877-62SHAPE (877-627-4273) for more information. Guaranteed Results!

## » Personal Training

Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you and support you - so that you may reach your desired fitness goals!

### 3-SESSION STARTER PACK\*

\*New training clients only

#### 30 minute sessions

3 workouts \$99 / \$150

### ONE-ON-ONE PERSONAL TRAINING

#### 30 minute sessions

1 workout \$36 / \$45  
6 workouts \$180 / \$225  
10 workouts \$244 / \$305

#### 45 minute sessions

1 workout \$47 / \$59  
6 workouts \$237 / \$296  
10 workouts \$349 / \$436

NEW!

#### 60 minute sessions

1 workout \$64 / \$80  
6 workouts \$317 / \$396  
10 workouts \$462 / \$578

### TWO-ON-ONE PARTNER TRAINING

(Rates are per person)

NEW!

#### 60 minute sessions

1 workout \$34 / \$43  
6 workouts \$190 / \$238  
10 workouts \$300 / \$375

### Teen Personal Training: Introduction to Strength Training

Personal Training designed with adolescents in mind. Teens will work one-on-one with a personal trainer to learn strength training techniques, the "how and why" of exercise intensity, frequency and duration. They will also learn how to best progress their workouts for optimal results. Students will be given a Youth Fitness ID which will allow them to practice in the fitness room outside of their personal training sessions (in accordance with standard fitness room policies and admission rates). Please contact the Head Fitness Trainer to schedule 703-435-6800 x2131.



Jane G.



Karen



Liz



Stephen



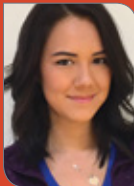
Jon



Jane N.



Caryn



LeeAnn

*Be Dedicated*



Vinyasa Yoga encourages mindfulness.

### Corporate Memberships

Keep employees healthy and productivity high! Businesses can supplement their benefits through our corporate membership program. Here are a few of the affordable admission options available:

1. We track the number of employee visits per month, and you pay for those visits at the end of the month. You'll receive a discount depending on the number of visits per month.
2. You pay an annual fee based on the size of the company and a monthly fee per participating employee. Or the organization may pay the annual fee and employees can then pay their own monthly fees.
3. You buy one-day admissions or a variety of multiple-day passes to give to employees as incentives or rewards for a job well done.

Contact Ron Tillman, Community Center Manager  
at 703-435-6800 x2116 for more details.

## WebTrac Improvements

### Our registration system will be upgraded

**March 27-31.** There will be times when WebTrac, our online registration system, will not be available. During this time, please email your registration form to [parksandrec@herndon-va.gov](mailto:parksandrec@herndon-va.gov), fax your form to 703-318-8652, or come in person to the Herndon Community Center.

We apologize for any inconvenience.

If you have any questions, please call 703-787-7300 or email [parksandrec@herndon-va.gov](mailto:parksandrec@herndon-va.gov).

Follow us on Facebook or visit our website for updates on this project and any impact to our online services.



## Meditation Age 16 & up

Have you ever wanted to try meditation? Take a relaxing break from your chaotic morning, and join our beginning class. No experience necessary. Beth Renne is an Integrative Nurse Practitioner and Mind Body Specialist with many years of experience in the health care field. She uses meditation and related techniques to help her clients manage their stressful lives. Senior discount does not apply.

### 12, 60 minute classes

no class 4/14

F	11:30am-12:30pm	3/17-6/9	\$102 / \$128	431030.50
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## Pilates Age 16 & up

Pilates is an innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

### 12, 60 minute classes

no class 4/14

F	10:30-11:30am	3/17-6/9	\$102 / \$128	431130.50
Sa	9:00-10:00am	3/11-6/10	\$102 / \$128	431130.60

## Toning Barre Age 16 & up

Toning Barre is an energetic and fun workout that fuses techniques from dance, pilates, and yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements various Barre methods which are the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

### 12, 60 minute classes

no class 4/10, 4/12, 5/29

M	8:15-9:15pm	3/13-6/12	\$115 / \$144	431131.10
W	8:15-9:15pm	3/15-6/7	\$115 / \$144	431131.31

## Tai Chi & Qi-Gong Age 16 & up

Come learn the principles of the Yang-24 movement of Tai-Chi. "Chi" is known as life force energy and the cultivation of this chi can help one stay healthy in mind, body and spirit. Each week participants will learn about the 8 pieces of Brocade (BaDuanJin) which is a popular form of Chinese medical Qi-gong. These breathing exercises will warm-up the body for the tai-chi practice. During the tai-chi segment of the class, participants will learn how to breathe deep into the core and to release tension and stress. This class is wonderful for people who are looking to increase their individual balance, flexibility and strength. Senior discount does not apply.

### 12, 60 minute classes

no class 4/14

F	10:15-11:15am	3/17-6/9	\$173 / \$216	431330.50
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## » Yoga

### Gentle Yoga For Seniors Age 55 & up

Gentle Yoga is a functional fitness-based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

### 12, 60 minute classes

no class 4/10, 4/12, 5/29

M	2:30-3:30pm	3/13-6/12	\$102 / \$128	430040.10
W	2:30-3:30pm	3/15-6/7	\$102 / \$128	430040.30

## Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that uses exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

### 12, 90 minute classes

no class 4/10, 4/13, 5/29

M	7:00-8:30pm	3/13-6/12	\$115 / \$144	430130.10
Th	7:00-8:30pm	3/16-6/8	\$115 / \$144	430130.40

## Vinyasa Yoga Age 16 & up

This vinyasa-style yoga class is designed for those looking to learn, or return to, the foundations of yoga postures (asanas), alignment, breathing, and technique. Classes build heat, endurance, flexibility, and strength in a supportive environment, encouraging the link between mindful body movement and the breath. Appropriate for beginners as well as those with an ongoing practice. No yoga experience necessary.

### 12, 75 minute classes

no class 4/12

W	12:00-1:15pm	3/15-6/7	\$104 / \$130	430131.31
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## Hatha Yoga Age 16 & up

This is a great class for those with limited experience, as well as the yoga practitioner who is ready to explore their edge. Class explores individual limits with a focus on alignment, while building strength and increasing participants' comfort level.

### 12, 90 minute classes

no class 4/16, 5/28

Su	1:00-2:30pm	3/12-6/11	\$115 / \$144	430230.71
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## Hatha Yoga For Kids Age 5-15

This children's class, designed for ages 5-15, is fun and develops concentration, strength, confidence, and self-control! Yoga teaches children about their bodies and how to honor their uniqueness. Age-appropriate yoga postures, movements, and relaxation techniques help to create supple, strong bodies that can adapt to the dynamics of life. Additionally, Hatha Yoga for Kids stresses concentration and self-esteem.

### 12, 45 minute classes

no class 4/16, 5/28

Su	2:45-3:30pm	3/12-6/11	\$89 / \$112	430430.71
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## Yoga for Stress Age 16 & up

This restorative yoga class will introduce participants to the healing components of a yoga practice. We each have everyday stressors that constantly wear us down mentally, physically and spiritually. Come every week to a class that will teach you the skills to deal with these everyday stressors. You will learn breathing techniques, meditation and bodywork that will help you to become more knowledgeable about where and how you hold stress in your body. Each week during the session, come and learn how to relax into the awareness of the present moment and to let go of the judging thoughts which affect your body and your emotions. Senior discount does not apply.

### 12, 60 minute classes

no class 4/14

F	9:00-10:00am	3/17-6/9	\$173 / \$216	431331.50
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# SPRING BREAK CAMPS

Be Playful

## Storybook Dance Camp-The Lion King Age 4-8

Your child will enjoy this one-week version of our popular Storybook Dance Camp based on Disney's Lion King. Training in ballet, jazz and modern moves through hip hop will be the focus of this camp culminating in a dance performance and party the last day of camp for parents. Participants will swim twice a week at the HCC indoor pool. Other daily activities include themed crafts, story time, dance games and outdoor play, weather permitting. Be sure to send daily a snack and a lunch with your camper. (No peanut products, please.) Don't forget your jazz shoes!

### 5, 7 hour classes

M-F	9:00am-4:00pm	4/10-4/14	\$168 / \$210	480000.11
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## Pre-Engineering with Lego® Age 5-11

Ratchet up your imagination with tens of thousands of LEGO®! Build engineer-designed projects such as **Motorcycles, Castles, Airplanes, and Monorails**. Then use special pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. Please bring a snack/drink each day.

### 5, 3 hour classes

#### Age 5-7

M-F	9:00am-12:00pm	4/10-4/14	\$159 / \$199	480010.01
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#### Age 7-11

M-F	1:00-4:00pm	4/10-4/14	\$159 / \$199	480010.02
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Individual and group projects are part of our LEGO® camps.

## Traveling Teens Camp Age 12-17

Do not let your spring break go to waste, experience a new adventure each day! Camp requires independence, responsibility, and good judgment from participants. Personal items and care are the responsibility of the participant. Cost includes supervision, van transportation, and admissions. Bring a sack lunch, bathing suit and towel each day. Register early! The minimum number of participants must be reached 10 days prior to the camp to avoid cancellation.

### 1, 8.5 hour classes

8:30am-5:00pm

M	Laser Tag	4/10	\$50 / \$50	480020.10
Tu	Bowling & Pizza Hut	4/11	\$50 / \$50	480020.20
W	Paint Ball	4/12	\$85 / \$85	480020.30
Th	The Zone Arcade	4/13	\$50 / \$50	480020.40
F	Flight Trampoline	4/14	\$50 / \$50	480020.50

## Ignite Kids Club Spring Break Age 6-11

Ignite Kids Club will be hosting the HCC Spring Break Camp! Each day the kids will participate in a variety of sports, arts/crafts, swimming activities, group games, and free play! The kids will have the option to participate in two activities each hour. Sports will include: soccer, flag football, tennis, volleyball, basketball lacrosse, kickball, baseball. Arts and crafts will include a variety of activities that will allow children to use their creativity while learning how to design/put together fun projects! Pack a water bottle, a morning snack and a lunch. Children should be dressed in comfortable attire appropriate for all activities and bring swim gear with them (suit, towel, extra clothes).

### 5, 6 hour classes

M-F	9:00am-3:00pm	4/10-4/14	\$130 / \$168	480111.11
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## Acro/Gymnastics Camp Age 6-12

Learn elements of jazz and hip-hop with a focus on tumbling, choreographed to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts, and games. Bring a lunch, snack and a large T-shirt for crafts.

### 5, 6 hour classes

M-F	9:00am-3:00pm	4/10-4/14	\$145 / \$180	488310.10
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## Tennis Camp Age 9-12

A great way for kids to spend their break outdoors learning tennis and having fun. The camp will feature on and off-court instruction, warm-ups, and conditioning. Individual instruction and match play are included. Students must provide their own racquet and a new can of balls. Bring snack, lunch and bathing suit every day during the session. Other sport activities such as racquetball and swimming will be included.

### 5, 7 hour classes

M-F	8:30am-3:30pm	4/10-4/14	\$180 / \$225	488610.10
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## Afternoon Extended Care Age 6-11

Extended care is offered for our elementary-age spring break camps until 6:00pm. Kids will continue the camp day with free play, games and playground time. Your child must be enrolled in Ignite Kids Club, Pre-Engineering with Lego® (afternoon), Dance, Gymnastics or Tennis Camp. Please pack an afternoon snack in addition to the lunch and items for the camp in which your child is enrolled.

### 5, 3 hour classes

M-F	3:00-6:00pm	4/10-4/14	\$60 / \$60	480050.10
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## Birthday Parties

at the  
**Herndon Community Center**

**Call to Schedule your Party TODAY!**

**703-787-7300**

**Land - Pool Party Packages Available**

All parties offer 75 minutes of an activity and an hour in the party room.



## Tae Kwon Do for Little Kids Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We teach children the basics including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee. Saturday class will be held at Sterner's Academy, 416 Elden Street, Herndon 20170. All other sessions will be held at the Herndon Community Center.

### 12, 30 minute classes no class 4/14, 4/15, 5/27

F	6:00-6:30pm	3/17-6/9	\$115 / \$144	472000.50
F	6:30-7:00pm	3/17-6/9	\$115 / \$144	472000.51
Sa	1:45-2:15pm	3/11-6/10	\$115 / \$144	472000.60

## Intro to Tae Kwon Do Age 7-14

One of the world's most popular martial arts, which has many physical benefits: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

### 12, 60 minute classes no class 4/12

W	6:00-7:00pm	3/15-6/7	\$77 / \$96	472110.40
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## Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

### 12, 60 minute classes no class 4/14

F	7:05-8:05pm	3/17-6/9	\$77 / \$96	472250.50
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## Fencing Age 9 & up

The sport of fencing is suitable to all ages. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

### 9, 2 hour classes no class 4/16, 5/28

Su	4:00-6:00pm	4/2-6/11	\$90 / \$113	472750.01
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## Kendo Fundamentals Age 13 & up

Kendo, the art of Japanese fencing, strives to bring one's mind, body, and spirit together as one. Introduction to this martial arts practice emphasizes a strong understanding of the practice basics, including etiquette, foot work, and basic strikes. No prior experience necessary. For more information about the program, contact [tim.lander@herndon-va.gov](mailto:tim.lander@herndon-va.gov)

### 12, 90 minute classes no class 4/12

W	8:20-9:50pm	3/15-6/7	\$49 / \$63	472450.30
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### 12, 60 minute classes no class 4/16, 5/28, 6/4

Su	10:00-11:00am	3/12-6/18	\$42 / \$53	472450.01
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## Kendo Advanced Age 13 & up

Class is geared towards Kendoka who have completed the introductory class and wish to further pursue the art of Kendo. Kendo Advanced is a more rigorous class teaching techniques for use in shinsa and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

### 12, 90 minute classes no class 4/12, 4/14, 4/16, 5/28, 6/4

W	8:20-9:50pm	3/15-6/7	\$63 / \$79	472550.30
F	8:15-9:45pm	3/17-6/9	\$63 / \$79	472550.51
Su	11:15am-12:45pm	3/12-6/18	\$63 / \$79	472550.50

## Iaido Age 13 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent, is considered a complimentary discipline to kendo. Due to the emphasis on inward focus, it has been referred to as a moving zen. Gi, Hakama, Bokken or Iaito and approval from the instructor is required to join the class.

### 12, 60 minute classes no class 4/16, 5/28, 6/4

Su	10:00-11:00am	3/12-6/18	\$42 / \$53	472650.01
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## Financial Assistance & Scholarship Program

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs for those who qualify for federal assistance. Assistance is available for most classes and programs; exclusions are programs meeting three times or fewer, private instruction, programs longer than twelve weeks, trips, daily admission, court payments, facility rentals or passes to the facility.

Additionally, the town provides scholarships to eligible citizens, which may supplement the town's financial assistance program. Scholarships are funded by donation. Contact the Assistant Community Center Manager at 703-435-6800 x 2107 for more information or contact the Herndon Community Center for assistance.



Beginner to Advanced Kendo class are available.

## Gymnastics Parent Child Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, centered on age appropriate movements, games and equipment. Participation will enhance your toddler's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

12, 45 minute classes no class 4/10, 4/13, 4/15, 5/27, 5/29

M	9:45-10:30am	3/13-6/12	\$84 / \$105	470000.10
Th	9:45-10:30am	3/16-6/8	\$84 / \$105	470000.40
Sa	9:00-9:45am	3/11-6/10	\$84 / \$105	470000.60

## »Munchkateers

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

### Munchkateers 1 Age 3-4

12, 45 minute classes  
no class 4/10, 4/12, 4/13, 4/15, 5/27, 5/29

M	10:45-11:30am	3/13-6/12	\$84 / \$105	470100.10
W	1:00-1:45pm	3/15-6/7	\$84 / \$105	470100.30
Th	10:45-11:30am	3/16-6/8	\$84 / \$105	470100.40
Sa	10:00-10:45am	3/11-6/10	\$84 / \$105	470100.60

### Munchkateers 2 Age 4-6

12, 45 minute classes  
no class 4/10, 4/12, 4/13, 4/15, 5/27, 5/29

M	11:45am-12:30pm	3/13-6/12	\$84 / \$105	470200.10
W	2:00-2:45pm	3/15-6/7	\$84 / \$105	470200.30
Th	11:45am-12:30pm	3/16-6/8	\$84 / \$105	470200.40
Sa	11:00-11:45am	3/11-6/10	\$84 / \$105	470200.60

### Young Beginner Age 5-7

This program is designed as a transition program to the Level gymnastics program. Class will focus on body positions, skill development and skill recognition. No experience necessary, but must be able to separate from parent, follow group instruction and learn gymnastics terminology.

12, 45 minute classes no class 4/10, 4/13, 4/15, 5/27, 5/29

M	5:30-6:15pm	3/13-6/12	\$84 / \$105	470310.10
Th	4:45-5:30pm	3/16-6/8	\$84 / \$105	470310.40
Sa	12:00-12:45pm	3/11-6/10	\$84 / \$105	470310.60



Gymnasts progress at their pace through three different level classes.

## »USA Level Gymnastics

The Level program includes instruction in floor exercise, balance beam and vaulting. Participants learn the fundamental progressions and are introduced to basic skills on each event. Advancement is based on obtaining the required skill and correct form.

### Level 1 Age 6-12

No experience necessary but must be able to learn gymnastics terminology, and demonstrate walk on high beam, elementary forward roll, elementary back roll, elementary cartwheel, pullover on bars and tripod balance.

12, 90 minute classes no class 4/10, 4/13, 4/15, 5/27, 5/29

M	6:30-8:00pm	3/13-6/12	\$126 / \$158	470410.10
Th	5:30-7:00pm	3/16-6/8	\$126 / \$158	470410.40
Sa	1:00-2:30pm	3/11-6/10	\$126 / \$158	470410.60

### Level 2 Age 6-12

Successful completion of Level I or the ability to demonstrate one long pull-up on bars, perform one long leg lift on bars, back hip circle on bars, proper handstand on floor, cartwheel on floor, bridge 10 seconds, one split, backward roll on floor, stretch jump on beam and front support mount on beam.

12, 90 minute classes no class 4/11, 4/13, 4/15, 5/27

Tu	5:00-6:30pm	3/14-6/6	\$126 / \$158	470510.20
Th	7:00-8:30pm	3/16-6/8	\$126 / \$158	470510.40
Sa	2:45-4:15pm	3/11-6/10	\$126 / \$158	470510.60

### Level 3 Age 6-12

Successful completion of Level II or the ability to demonstrate 3 long pull-ups on bars, 3 long leg lifts on bars, pullover bars, one arm cartwheel on floor, 2 splits, backward roll to pushup position, handstand forward roll, press hold on floor 10 seconds, tuck jump on beam, cross handstand on beam and dive forward roll on vault

12, 90 minute classes no class 4/11, 4/15, 5/27

Tu	6:30-8:00pm	3/14-6/6	\$126 / \$158	470610.20
Sa	2:45-4:15pm	3/11-6/10	\$126 / \$158	470610.60

### Beginner Cheerleading Age 5-10

This class is designed to introduce athletes to the fundamentals of cheerleading for age 5 to 10. Basic to intermediate skills will be taught based on proper progressions for tumbling, stunting, motions, jumps, cheers & dances, in a safe and age appropriate manner.

12, 45 minute classes no class 4/10, 5/29

M	4:45-5:30pm	3/13-6/12	\$84 / \$105	470910.10
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See page 16 for Spring Break Camp info.

## HCC Admission Specials

**\$2**

**TUESDAYS**  
(for seniors 65+)  
All Day

**\$5**

**FRIDAYS**  
(from 12:00-9:30pm)  
All Ages





Parents treasure when the students perform.

## Story Time Pre-Ballet Age 4-6

Combine pre-ballet, a little imagination and a lot of fun and what do you have? Story Time ballet class! Featuring pre-ballet technique for the first 40 minutes, then the last 20 minutes we will exercise your child's imagination by reading a short story equipping each child with a related prop and choosing special music to go with each story. Dance performance held the last day of class for parents.

12, 60 minute classes no class 4/13

Th	11:00am-12:00pm	3/16-6/8	\$87 / \$109	441011.41
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## Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with your child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

12, 45 minute classes no class 4/10, 4/12, 4/15, 5/27, 5/29

M	10:00-10:45am	3/13-6/12	\$87 / \$109	441100.11
W	10:00-10:45am	3/15-6/7	\$87 / \$109	441100.31
Sa	9:30-10:15am	3/11-6/10	\$87 / \$109	441100.61

## Ballet Age 3-6

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and ready to follow group instruction.

### Beginner Age 3-5

12, 45 minute classes no class 4/12, 4/15, 5/27

W	11:00-11:45am	3/15-6/7	\$87 / \$109	441210.31
Sa	10:15-11:00am	3/11-6/10	\$87 / \$109	441210.61
Sa	1:30-2:15pm	3/11-6/10	\$87 / \$109	441210.62

### Intermediate Age 3-5

12, 45 minute classes no class 4/15, 5/27

Sa	11:00-11:45am	3/11-6/10	\$87 / \$109	441410.61
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## Ballet (continued)

### Advanced Age 4-6

Must have 1 session/9 months experience

12, 45 minute no class 4/12, 4/15, 5/27

W	2:00-2:45pm	3/15-6/7	\$87 / \$109	441610.31
Sa	11:45am-12:30pm	3/11-6/10	\$87 / \$109	441610.62

### Ballet/Tap/Jazz Age 5-12

Basic tap, jazz and beginning ballet technique class will include more challenging barre exercises while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.

12, 60 minute classes no class 4/15, 5/27

### Age 5-8

Sa	2:15-3:15pm	3/11-6/10	\$87 / \$109	442610.61
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### Age 8-12

Sa	3:15-4:15pm	3/11-6/10	\$87 / \$109	442610.62
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### Tap & Jazz Age 12-16

Basic tap & jazz class. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.

12, 60 minute classes no class 4/10, 5/29

M	5:30-6:30pm	3/13-6/12	\$87 / \$109	445610.11
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## Birthday Parties

at the  
**Herndon Community Center**

**Call to Schedule your Party TODAY!**

**703-787-7300**

**Land - Pool Party Packages Available**

All parties offer 75 minutes of an activity and an hour in the party room.

## Combination Dance Age 3-8

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm offering the student experience in tap, ballet and tumbling technique.

12, 60 minute classes no class 4/10, 5/29, 4/13, 4/15, 5/27

### Beginner Age 3-5

M	11:00am-12:00pm	3/13-6/12	\$87 / \$109	444210.11
Th	10:00-11:00am	3/16-6/8	\$87 / \$109	444210.41
Sa	12:30-1:30pm	3/11-6/10	\$87 / \$109	444210.61

### Beginner/Intermediate Age 5-8

M	4:30-5:30pm	3/13-6/12	\$87 / \$109	444310.11
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### Intermediate/Advanced Age 5-8

M	1:00-2:00pm	3/13-6/12	\$87 / \$109	444310.12
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# DANCE

Be Graceful

## Hip-Hop Age 4-12

Fun and upbeat style of dance focusing on coordination and strength. Hip Hop is most commonly seen in music videos and students will learn the newest styles, along with performance skills, energy and stamina. Emphasizes energy and incorporates basic jazz steps with a modern style.

12, 60 minute classes no class 4/12, 4/13, 6/7, 6/8

### Beginner Age 4-6

Th	4:30-5:30pm	3/16-6/8	\$87 / \$109	445310.41
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### Intermediate Age 6-8

Th	5:30-6:30pm	3/16-6/8	\$87 / \$109	445410.41
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### Intermediate/Advanced Age 8-12

W	5:00-6:00pm	3/15-6/7	\$87 / \$109	445510.31
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## Kids Ballroom Dance Age 7-12

Have your child discover the wonderful world of Ballroom dance! Your child will learn the dance fundamentals of American Ballroom and Latin Ballroom. We will teach steps, proper posture, musicality and partnering skills (dance partners are not required). The beginner class covers waltz, salsa, rumba, cha-cha and swing dance.

12, 60 minute classes no class 4/12

W	6:00-7:00pm	3/15-6/7	\$87 / \$109	441111.31
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See page 16 for Spring Break Dance and other Camp info.

## » Adult

### Adult Ballet Technique Age 16 & up

You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

12, 90 minutes classes no class 4/13

Th	6:30-8:00pm	3/16-6/8	\$134 / \$168	441230.41
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### Dancercise Age 16 & up

Looking for a low-impact cardio workout? Love to dance but not exactly a dancer? This one's for you! Easy, fun dance steps using a variety of styles to give you a moderate-intensity workout. No experience needed. Jazz shoes recommended.

24, 60 minute classes no class 4/10, 5/29, 4/12

M/W	12:00-1:00pm	3/13-6/12	\$174 / \$218	444030.21
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### Dance Survival Class Age 16 & up

Learn easy moves to help you feel more comfortable on the dance floor. You will learn basic dance steps for several styles of dance to include salsa, two-step, tango, polka, rumba, cha-cha, swing, and waltz. We will also cover a few novelty dances. Next time you go to a wedding or a party, you will know just what to do!

12, 60 minute classes no class 4/12

W	7:00-8:00pm	3/15-6/7	\$87 / \$109	441231.31
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NEW!

### Line Dancing Age 16 & up

Line Dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in lines or rows executing the steps at the same time. Learn the popular line dances to all genres of music, Top 40, Hip Hop, Funky, Latin, Irish Swing and more. This is a fun social dance for which you don't need a partner and it's great exercise, too!

12, 60 minute classes

Tu	6:00-7:00pm	3/14-6/6	\$87 / \$109	441232.21
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NEW!

### Country Line Dancing Age 16 & up

Line Dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in lines or rows executing the steps at the same time. Are you a country music fan? Then Country Line Dancing is the class for you. Learn different dances to country music such as "Achy Breaky Heart" and "Boot, Scoot n' Boogie".

12, 60 minute classes

Tu	7:00-8:00pm	3/14-6/6	\$87 / \$109	441233.21
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NEW!

### Ballroom/Tea Dance Age 16 & up

In this two-hour session, you will spend the first hour learning a ballroom dance such as Salsa, Quick Step or Fox Trot and then spend the second hour practicing it in a dance setting. Partners are welcome, but not required. Drop in option available only if class meets minimum enrollment. Enrollment guarantees you a spot. Drop in Price: \$20/week

6, 2 hour classes

no class 4/16

Su	1:00-3:00pm	3/12-4/23	\$87 / \$109	441234.71
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## Mission Statement

**"Promoting a sense of community and enriching the quality of life."**

The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.



## Outdoor Weather Policy

Decisions on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes are scheduled for makeups by the program supervisor. Call 703-435-6866.



Registration is ongoing for the final sessions of  
Indoor Tennis - Register now!

## » Youth Express Sessions

For all youth classes that apply, the Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

### Pee Wee Age 4-5

#### 4, 30 minute classes

W	4:00-4:30pm	3/8-3/29	\$20 / \$25	391200.32
Th	4:00-4:30pm	3/9-3/30	\$20 / \$25	391200.42
Sa	8:30-9:00am	3/11-4/1	\$20 / \$25	391200.62

### Beginner 1.0-1.5 Age 6-15

#### 4, 60 minute classes

##### Age 6-8

Th	5:00-6:00pm	3/9-3/30	\$43 / \$54	392410.41
Sa	9:00-10:00am	3/11-4/1	\$43 / \$54	392410.64

##### Age 9-11

Sa	10:00-11:00am	3/11-4/1	\$43 / \$54	392410.65
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##### Age 12-15

Sa	10:00-11:00am	3/11-4/1	\$43 / \$54	392410.66
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### Advanced Beginner 2.0-2.5 Age 6-11

#### 4, 60 minute classes

##### Age 6-8

Tu	4:00-5:00pm	3/7-3/28	\$43 / \$54	393110.22
F	5:00-6:00pm	3/10-3/31	\$43 / \$54	393110.52
Sa	9:00-10:00am	3/11-4/1	\$43 / \$54	393110.62

##### Age 9-11

Tu	5:00-6:00pm	3/7-3/28	\$43 / \$54	393210.21
Sa	10:00-11:00am	3/11-4/1	\$43 / \$54	393210.61

##### Age 12-15

Sa	11:00am-12:00pm	3/11-4/1	\$43 / \$54	393320.61
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### Intermediate 3.0-3.5 Age 9-15

#### 4, 60 minute classes

W	5:00-6:00pm	3/8-3/29	\$43 / \$54	393520.31
F	4:00-5:00pm	3/10-3/31	\$43 / \$54	393520.51
Sa	12:00-1:00pm	3/11-4/1	\$43 / \$54	393520.61

### Advanced 4.0 Age 12-15

#### 4, 60 minute classes

Sa	1:00-2:00pm	3/11-4/1	\$43 / \$54	393620.61
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## » Adult Express Sessions

### Beginner 1.0-1.5 Age 16 & up

#### 4, 60 minute classes

Sa	9:00-10:00am	3/11-4/1	\$48 / \$60	394030.61
M	9:00-10:00am	3/13-4/3	\$48 / \$60	394030.11

### Advanced Beginner 2.0-2.5 Age 16 & up

#### 4, 60 minute classes

F	9:00-10:00am	3/10-3/31	\$48 / \$60	394140.51
Sa	10:00-11:00am	3/11-4/1	\$48 / \$60	394140.61

### Intermediate 3.0-3.5 Age 16 & up

#### 4, 60 minute classes

Sa	11:00am-12:00pm	3/11-4/1	\$48 / \$60	394230.61
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### Advanced 4.0 Age 16 & up

#### 4, 60 minute classes

Sa	12:00-1:00pm	3/11-4/1	\$48 / \$60	394330.61
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## » March Madness Age 9 & up

OR

Please consult with instructor prior to registering if you have not previously enrolled in this level of play: 3.5+ NTRP rating. Taught by Pro Rick Johnson.

### Express Session

4, 60 minute classes

#### Age 9-15

F	5:00-6:00pm	3/3-3/24	\$75 / \$94	394430.50
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#### Age 16 & up

Tu	5:00-6:00pm	3/7-3/28	\$75 / \$94	394430.20
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All students must provide their own racquet and wear tennis shoes. All youth classes will emphasize tennis fundamentals.

## Indoor Tennis 2017-18

**Tennis Bubble Hours:** Monday - Friday: 6:30am-10:30pm;  
Saturday & Sunday: 7:00am-10:00pm  
Open Monday, September 18, 2017 - Sunday, April 15, 2018

### Contract Application Season 2017-2018

April 5	TOH residents with current court time
April 19	TOH residents requesting new court time Any NR individual with a current contract wishing to reserve the same time as 2016-17. TOH residents have priority.
May 10	Any individual with a current contract wishing to reserve a different time from his/her 2016-17 contract time. Any NR seeking contract time.

### Court cost is per hour

### CONTRACT TIME

### RANDOM TIME\*

#### Prime Time (after 5:00pm, Mon-Fri; Sat & Sun all day):

Adult TOH Resident	\$26	\$30
Adult Non-Resident	\$34	\$38

#### Non-Prime Time (before 5:00pm weekdays):

Adult TOH Resident	\$23	\$25
Adult Non-Resident	\$30	\$32
Youth/Senior TOH (a)	\$20	\$22
Youth/Senior Non-Resident (a)	\$24	\$26

(a) Youth = 17 and under Senior = 65 and older

\* Reservations for random time may be made seven days in advance.  
ID required for Town of Herndon Resident rates.

### Senior Doubles League

Registration for the September-December league will begin in August. Registrations will be accepted at the Herndon Community Center and online. Registration for the January-April season will be in December.

### Early Bird, Men's, Women's and Mixed Doubles Leagues

Registrations will be accepted for September-December league starting April 26 TOH / May 2 NR. Registrations for the January-April season will be in December.

Please call the Tennis Manager at 703-435-6800 x2110 for more information on contracts, leagues, and junior team tennis.

## » Youth

### **Pee Wee** Age 4-5

Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

#### 8, 30 minute classes no class 4/11, 4/13

Tu/Th	4:00-4:30pm	4/4-5/4	\$52 / \$65	471000.20
Tu/Th	4:30-5:00pm	4/4-5/4	\$52 / \$65	471000.21
Tu/Th	4:00-4:30pm	5/16-6/8	\$52 / \$65	471000.22
Tu/Th	4:30-5:00pm	5/16-6/8	\$52 / \$65	471000.23

### **Beginner 1.0-1.5** Age 6-15

Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

#### **Age 6-8**

#### 8, 45 minute classes no class 4/11, 4/13, 4/15, 5/27

Tu/Th	5:00-5:45pm	4/4-5/4	\$72 / \$90	471110.20
Tu/Th	5:00-5:45pm	5/16-6/8	\$72 / \$90	471110.21
Sa	9:00-9:45am	4/8-6/10	\$72 / \$90	471110.60

#### **Age 9-15**

#### 8, 60 minute classes no class 4/11, 4/13, 4/15, 5/27

Tu/Th	6:00-7:00pm	4/4-5/4	\$72 / \$90	471210.20
Tu/Th	6:00-7:00pm	5/16-6/8	\$72 / \$90	471210.21
Sa	11:00am-12:00pm	4/8-6/10	\$72 / \$90	471210.60

### **Advanced Beginner 2.0-2.5** Age 6-15

Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

#### **Age 6-8**

#### 8, 45 minute classes no class 4/10, 4/12, 4/11, 4/13, 4/15, 5/27, 5/29

M/W	5:00-5:45pm	4/3-5/3	\$72 / \$90	471111.10
M/W	5:00-5:45pm	5/15-6/7	\$72 / \$90	471111.11
Tu/Th	5:00-5:45pm	4/4-5/4	\$72 / \$90	471111.20
Tu/Th	5:00-5:45pm	5/16-6/8	\$72 / \$90	471111.21
Sa	10:00-10:45am	4/8-6/10	\$72 / \$90	471111.60

#### **Age 9-15**

#### 8, 60 minute classes no class 4/10, 4/12, 4/11, 4/13, 4/15, 5/27, 5/29

M/W	6:00-7:00pm	4/3-5/3	\$72 / \$90	471211.10
M/W	6:00-7:00pm	5/15-6/12	\$72 / \$90	471211.11
Tu/Th	6:00-7:00pm	4/4-5/4	\$72 / \$90	471211.20
Tu/Th	6:00-7:00pm	5/16-6/8	\$72 / \$90	471211.21
Sa	10:00-11:00am	4/8-6/10	\$72 / \$90	471211.60

### **Intermediate 3.0-3.5** Age 11-15

#### 8, 60 minute classes no class 4/10, 4/12, 4/15, 5/27, 5/29

M/W	7:00-8:00pm	4/3-5/3	\$72 / \$90	471213.10
M/W	7:00-8:00pm	5/15-6/12	\$72 / \$90	471213.11
Sa	11:00am-12:00pm	4/8-6/10	\$72 / \$90	471213.60

### **Advanced 4.0** Age 12-15

#### 8, 60 minute classes no class 4/11, 4/13

Tu/Th	7:00-8:00pm	4/4-5/4	\$72 / \$90	471214.20
Tu/Th	7:00-8:00pm	5/16-6/8	\$72 / \$90	471214.21

### **High School 4.0** Age 14-17

#### 8, 60 minute classes no class 4/15, 5/27

Sa	12:00-1:00pm	4/8-6/10	\$72 / \$90	471315.20
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## » Adult

### **Beginner 1.0** Age 16 & up

#### 8, 60 minute classes no class 4/10, 4/12, 4/15, 5/27, 5/29

M/W	6:00-7:00pm	4/3-5/3	\$77 / \$96	471530.10
M/W	6:00-7:00pm	5/15-6/12	\$77 / \$96	471530.11
Sa	8:00-9:00am	4/8-6/10	\$77 / \$96	471530.60

### **Advanced Beginner 2.0-2.5** Age 16 & up

#### 8, 60 minute classes no class 4/10, 4/12, 5/29

M/W	7:00-8:00pm	4/3-5/3	\$77 / \$96	471531.10
M/W	7:00-8:00pm	5/15-6/12	\$77 / \$96	471531.11

### **Intermediate 3.0-3.5** Age 16 & up

#### 8, 60 minute classes no class 4/10, 4/12, 4/15, 5/27, 5/29

M/W	8:00-9:00pm	4/3-5/3	\$77 / \$96	471532.10
M/W	8:00-9:00pm	5/15-6/12	\$77 / \$96	471532.11
Sa	10:00-11:00am	4/8-6/10	\$77 / \$96	471532.60

### **Advanced 4.0** Age 16 & up

#### 8, 60 minute classes no class 4/11, 4/13

Tu/Th	7:00-8:00pm	4/4-5/4	\$77 / \$96	471533.10
Tu/Th	8:00-9:00pm	4/4-5/4	\$77 / \$96	471533.11
Tu/Th	7:00-8:00pm	5/16-6/8	\$77 / \$96	471533.12
Tu/Th	8:00-9:00pm	5/16-6/8	\$77 / \$96	471533.13

See page 16 for Spring Break Camp info.

## HCC Admission Specials

**\$2** TUESDAYS (for seniors 65+) All Day | **\$5** FRIDAYS (from 12:00-9:30pm) All Ages

## NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

### **1.0-1.5 Beginner**

Just starting to play; limited experience and trying to keep the ball in play.

### **2.0-2.5 Advanced Beginner**

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

### **3.0-3.5 Intermediate**

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

### **4.0 Advanced**

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

## Happy Feet Soccer Age 2-5

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

### Age 2-3

8, 30 minute classes no class 4/15

Sa	9:20-9:50am	3/11-5/6	\$53 / \$66	473000.52
Sa	9:55-10:25am	3/11-5/6	\$53 / \$66	473000.53
Sa	10:30-11:00am	3/11-5/6	\$53 / \$66	473000.54

### Age 4-5

8, 30 minute classes

Sa	11:10-11:40am	3/11-5/6	\$53 / \$66	473000.55
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### Age 2-3

4, 30 minute classes no class 5/27

Sa	9:20-9:50am	5/13-6/10	\$38 / \$48	473000.56
Sa	9:55-10:25am	5/13-6/10	\$38 / \$48	473000.57
Sa	10:30-11:00am	5/13-6/10	\$38 / \$48	473000.58

### Age 4-5

4, 30 minute classes no class 5/27

Sa	11:10-11:40am	5/13-6/10	\$38 / \$48	473000.59
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## Nova Legends Soccer Age 6-12

Want to improve your dribbling and scoring goals? Classes focus on the development of a child's individual skills. Focus is on improving each child's self-concept, bravery, leadership and character for life. Players are challenged to try some of the most difficult deceptive dribbling techniques in small spaces to improve quickness, agility and decision-making. Coaches are licensed and trained in the very specific Legends Training methodology. Classes are held indoors; appropriate footwear is required.

8, 45 minute classes no class 4/15

Sa	11:45am-12:30pm	3/11-5/6	\$75 / \$94	473110.50
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4, 45 minute classes no class 5/27

Sa	11:45am-12:30pm	5/13-6/10	\$56 / \$70	473110.51
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## Ignite Kids Club: Multi-Sport Age 3-6

Jr. Athletes is a multi-sport program that dials in on the basic skill sets for five different sports, including: baseball/softball, volleyball, basketball, flag football, and tennis. Using interactive and age-appropriate games/activities, kids can have a blast while being exposed to a variety of sports! As they grow through the program, the games and activities will begin to uniquely integrate team play, develop social skills, and create a better understanding of the sport itself. While learning the fundamentals of kicking, throwing, catching, hitting, and basic speed and agility, the players will increase fitness, coordination, confidence, and improve on both social and listening skills.

8, 30 minute classes no class 4/11, 4/16

### Age 3-4

Tu	5:30-6:00pm	3/14-5/9	\$53 / \$66	471500.21
Su	1:35-2:05pm	3/12-5/7	\$53 / \$66	471500.61

### Age 5-6

Tu	6:05-6:35pm	3/14-5/9	\$53 / \$66	471500.23
Su	1:00-1:30pm	3/12-5/7	\$53 / \$66	471500.60

## Spring 2017 Open Gym Schedule

Su	M	Tu	W	Th	F	Sa
	11:30am-2:30pm				11:30am-2:30pm	8:00-11:00am
	2:45-5:15pm	2:45-5:15pm	2:45-4:45pm	2:45-5:15pm	2:45-5:15pm	1:00-5:00pm
	8:00-10:00pm	7:30-10:00pm	7:30-10:00pm		7:30-10:00pm	
Friday evening open gym may be cancelled for events. Youth = Age 17 & under and Teen = Age 13-17. This schedule is subject to change - check monthly schedule.						

■ Adult Open Gym 
 ■ Adult Basketball 
 ■ Adult Volleyball 
 ■ Teen Open Gym 
 ■ Youth Open Gym

## Fit, Play, Learn Age 6-14

**NEW DAY!** Home School P.E. is a comprehensive and fun physical education program that provides students with the building blocks to become physically fit and educated. Children will receive high levels of personalized attention by our instructors in a variety of fundamental sports skills. Benefits of the program include: fundamental fitness skills training, team building and social skills, muscular conditioning, aerobic endurance, improved confidence, basic nutrition, sport and fitness programs, and Presidential fitness training, testing and awards.

7, 60 minute classes no class 4/12

W	1:30-2:30pm	3/15-5/3	\$47 / \$59	474010.30
W	1:30-2:30pm	5/10-6/21	\$47 / \$59	474010.31

## Basketball Age 8-12

The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.

8, 60 minute classes no class 4/10, 4/14

M	5:30-6:30pm	3/13-5/8	\$80 / \$100	476010.10
F	6:30-7:30pm	3/17-5/12	\$80 / \$100	476010.60

## Racquetball League Age 18 & up

Have fun, get in shape, and meet new playing partners! Players are provided a weekly schedule, and then arrange matches with opponents at their mutual convenience. The season consists of ten games in a ten-week regular season. Playoffs will follow the regular season. Scores must be reported to avoid a forfeit. Awards are given to the top finishers in each division. Court fees are included in registration fee. Players receive a punch card to use during the regular season. Registration deadline is Friday, March 3. First week of play begins on Sunday, March 12. League director reserves the right to combine divisions if necessary. For more information, please call 703-435-6800 ext. 2106.

### Advanced Division

3/13-6/23	\$60 / \$77	478030.10
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### Intermediate Division

3/13-6/23	\$60 / \$77	478030.20
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OPEN  
HOUSE

HERNDON COMMUNITY CENTER

# Preschool

2017-2018 School Year

Wednesday, February 15, 2017  
5:30-7:30pm

(inclement weather date: February 22)

½ day programs ● 3-5 year olds

Registration starts **Thursday, February 16, 2017**  
at **2pm** (priority is given to TOH residents).

The Herndon Community Center Preschool is a state-licensed program, which is designed to stimulate your child's mind and development. Professional staff provide a nurturing environment. Registration is on a first-come first-served basis. A \$75 nonrefundable deposit and child's



proof of age (such as birth certificate or passport) are due at time of registration.

Learn more at [herndon-va.gov/recreation/preschool](http://herndon-va.gov/recreation/preschool)  
or call Kimmie Alcorn at 703-435-6800 x 2119.

Feel free to call & schedule a visit.

**Age 3-4 ● Tu/Th ● 9am-12pm**

(Must be 3 by September 30, 2017)

\$1,350 / \$1,635 560000.26

**Age 4-5 ● M/W/F ● 9am-12pm**

(Must be 4 by September 30, 2017)

\$1,575 / \$1,950 560000.16

Fees are payable on an established payment plan  
of 5 installments.



RACE STARTS  
AT 8AM

AGE  
4&UP

## JOIN US FOR THE 3RD ANNUAL ICE BREAKER FAMILY FUN RUN 5K

Let's put winter behind us and  
get active outside and prepare for the spring.

The course will take you through a scenic section of Herndon around the Herndon Parkway and Sugarland Run Trail. Sport Tek T-shirts guaranteed to the first 800 registered runners. Meet at NorthWest Federal Credit Union, 200 Spring Street, Herndon, VA 20170.

Packet pick-up Saturday, March 18 from 2-4pm at the Herndon Community Center and Sunday, March 19 from 7-7:45am at 200 Spring Street.

357150.00

PRE-REGISTRATION IS **\$20** PER RUNNER & **\$25** ON RACE DAY.

## Town Parks & Stream Clean-Up

Saturday, April 1

8:00am - 12:00pm

### Runnymede Park

BRING WORK GLOVES AND WEAR SUITABLE CLOTHING.

Meet at the main entrance of Runnymede Park. Teams will be assigned to areas in the park or other parks in the Town. You can make a big difference in a short amount of time in a team effort! Also a great opportunity for kids to earn those community service hours.

Sponsored by the Friends of Runnymede Park, Town of Herndon Parks & Recreation and Community Development Departments.

To volunteer as an individual or as a group, contact the Town Forester at 703-435-6800 x 2014.

## My City Bikes Herndon Ride Friday, May 5

An adult beginning bike ride of 10 miles.

More info at [herndon-va.gov](http://herndon-va.gov).



## 37th Herndon Festival 2017

**JUNE 1-4**  
Historic Downtown Herndon  
**Free Admission**

- ★ Three Entertainment Stages
- ★ Carnival
- ★ Fireworks - Thurs. & Sat.
- ★ 10K/5K Races & Fitness Expo
- ★ Kids' Alley with Children's Hands-On Art Area
- ★ Business Expo
- ★ Arts & Crafts Vendors
- ★ Food Vendors
- ★ Free Shuttle Bus Service

**HerndonFestival.net**

### VOLUNTEERS NEEDED!

Individual and Group  
Volunteer opportunities  
are available at  
[herndonfestival.net/volunteer](http://herndonfestival.net/volunteer)



**10K/5K RACES**  
**JUNE 4 7:30am**

**Starts at Herndon Community Center**

The races courses will take you through historic downtown Herndon during Herndon Festival weekend. Both the 10K and 5K are USATF certified. Awards are presented to the top two finishers from each age group from the 10 & under to 70 & over. Refreshments for runners will be provided at the conclusion of the race along with a Fitness Expo.

Need help training or maybe you want to improve your race time? See page 13 for the Herndon Festival 10K/5K training class.

**Early Bird** (by April 30) **\$30**  
**Regular Registration** (May 1-June 3 until 4PM) **\$35**  
**Race Day Registration** (June 4 6:15-7:15AM) **\$45**  
**Youth** (age 15 & under) **\$20**

**5K** Age 15 & under 553050.11  
 Age 16 & up 553050.10

**10K** Age 15 & under 553050.13  
 Age 16 & up 553050.12

### Easter Egg Hunt & Fishing Derby

See Page 32.



**Friday, May 19**

5:30am-10:00am  
& 4:30-6:00pm

Join this regional favorite day to encourage a clean, healthy and fun way to get to work and get around - by biking. The Herndon pitstop on the W & O D trail next to the Depot will have t-shirts, refreshments, maintenance and commuting tips, and more.

Register online directly at [biketoworkmetrodc.org](http://biketoworkmetrodc.org) and be eligible to win prizes and a free t-shirt.

# MAKE IT A FUN-TASTIC SUMMER

The Herndon Parks and Recreation Department helps create great summers for children age 3-15. Our days are filled with friends, fun, learning, and adventure. Camps are designed to provide entertainment and enrichment for a few hours a day, half-day, or all day.

## SUMMER CAMPS:

**Herndon Odyssey for School Age**  
**Teen Discovery**  
**Preschool Camp**  
**Nature Discovery**  
**Dance & Arts**  
**Star Wars Lego® Pre-Engineering**  
**Sports - Tennis, Gymnastics**

### EXTENDED CARE HOURS AVAILABLE

LOOK FOR OUR SUMMER CAMP BROCHURE,  
AVAILABLE ONLINE BY FEBRUARY 14 & PRINT AFTER FEBRUARY 21.

**Summer Camp registration begins**  
**Wednesday, April 26 for TOH residents &**  
**Tuesday, May 2 for non-TOH residents**

**HERNDON-VA.GOV/RECREATION**

## Learn to Crochet Age 10 & up

Why settle for store-bought items when you can make them yourself? In this class you'll learn the basics of crochet, choosing the right yarn and necessary tools and mastering the basic stitches to create your masterpiece. Practice yarn and hooks will be provided for class use. Participants are encouraged to select and purchase their own supplies to make their item.

### 3, 90 minute classes

Th	6:00-7:30pm	3/23-4/6	\$40 / \$40	410231.41
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## Crafts for Kids Age 8-12

Bring out your child's creative side with these fun spring-themed crafts. Your child will be able to make one or more crafts each class. Participants will make amazing crafts including kites, birdhouses, rainbows and flowers. All supplies included.

### 6, 90 minute classes

no class 4/12

W	6:00-7:30pm	3/15-4/26	\$60 / \$75	410402.31
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## Creating Mosaics Age 14 & up

Make your own unique mosaics. Beginners learn the basic terms and techniques of mosaic art including layout, design, gluing, grouting, and finishing. Students will complete three simple projects on a variety of surfaces that will increase in degree of difficulty. Supply fees are included in the cost of the program.

### 4, 2.5 hour classes

W	5:00-7:30pm	3/15-4/5	\$150 / \$188	410411.31
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## Got Program Ideas?

We want to know if there is a program topic/subject you or your child would like to learn more about. Email your ideas to [Cynthia.Hoftiezer@herndon-va.gov](mailto:Cynthia.Hoftiezer@herndon-va.gov).

## Planning a Special Event or Meeting?

The Herndon Community Center can accommodate rental space for a small meeting with just a few people or a sit-down function up to 375 people. In addition, rentals can utilize our warming/catering kitchen. Call 703-787-7300 for information, or to arrange a tour of our facilities.



## » Pottery

### Home School Pottery Age 7-16

For children who want to explore working with clay. Students will learn basic handbuilding skills including pinching, coiling and working with slabs. Projects might include whistles, wind chimes, mugs, plates, tiles, coil pots and more. Students will decorate and glaze their finished pieces. Fee includes all materials.

### 6, 90 minute classes

no class 4/10

M	2:30-4:00pm	3/13-4/24	\$96 / \$120	410141.11
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### Kidz on Wheelz Age 10-13

Explore your creativity while learning hand-building clay techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run. Fee includes all materials.

### 6, 90 minute classes

no class 4/10

M	5:00-6:30pm	3/13-4/24	\$96 / \$120	410010.11
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### Hand Built Pottery Age 16 & up

Create pottery without a wheel. Discover the world of handbuilding with clay. This class is designed for people who have an interest in working with clay and gives students experiences in making functional as well as sculptural pieces, using a variety of techniques including slab, coil and pinch pots. This class will help bring out the hidden artist in you! Includes 25lbs of clay, glazes and kiln use. Additional clay may be purchased as needed.

### 8, 2.5 hour classes

no class 4/11

Tu	10:00am-12:30pm	3/14-5/9	\$150 / \$188	410140.22
Tu	6:30-9:00pm	3/14-5/9	\$150 / \$188	410140.21

### Beginning Wheel Age 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Use of tools and 25 lbs. of clay included; additional clay may be purchased.

### 8, 2.5 hour classes

no class 4/10

M	6:30-9:00pm	3/13-5/8	\$150 / \$188	410150.11
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### Intermediate Wheel Age 16 & up

Intermediate Wheel is open to students who have some previous pottery wheel experience and are looking to build on their current skills. Class will focus on perfecting basic techniques of throwing, using tools and glazing techniques. Includes 25lbs of clay, glazes and kiln use. Additional clay may be purchased as needed.

### 8, 2.5 hour classes

no class 4/11

Tu	6:30-9:00pm	3/14-5/9	\$150 / \$188	410160.21
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**Route "937 Coppermine - Elden" runs 7 days a week with a stop in front of the Herndon Community Center.**

Learn more at <http://www.fairfaxcounty.gov/connector/pdf/map/937.pdf> or call 703-339-7200



**Adult Cooking** Age 18 & up

We will make three protein-packed salads! Quinoa with a citrus-honey dressing, a Lentil Tomato with Feta salad, and It's a Snap Tuna Pasta Salad.

**1, 90 minute class**

Th	6:30-8:00pm	3/30	\$30 / \$30	460030.41
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**Youth Cooking Classes** Age 6-12

Give Mom and Dad a break and make dinner. Assemble a delicious spaghetti pie and cheesy garlic toast to bake at home to share with family.

**1, 45 minute class**

Th	4:30-5:15pm	3/16	\$20 / \$20	466010.41
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**Digital Photography** Age 16 & up

Take better pictures with whatever camera you have. While emphasis is on digital single lens reflex cameras (DSLR), the majority of subject matter applies to photography with any camera, including smart phones and point and shoot cameras. Topics covered include: qualities of light, composition, creative use of camera controls and flash. Learn how to optimize your photographs and archive them for storage and display.

**8, 90 minute classes**

Th	7:00-8:30pm	3/16-5/11	\$75 / \$94	460130.41
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**CPR & First Aid** Age 14 & up

American Heart Association CPR/AED and First Aid certification. Class includes CPR/AED for adults, children and infants and basic First Aid. Great class for teachers, personal trainers, scout leaders or anyone who needs CPR for work. Certification is valid for 2 years.

**1, 6 hour class**

Su	12:30-6:30pm	3/26	\$95 / \$95	460050.71
Su	12:30-6:30pm	4/23	\$95 / \$95	460050.72
Su	12:30-6:30pm	5/21	\$95 / \$95	460050.73

**BLAST** Age 11-14

Jump ahead of other babysitters in your neighborhood! This course is provided through the American Academy of Pediatrics (AAP). It is highly interactive and energetic, with many necessary sitter skills and role play scenarios. It covers CPR, choking and first aid, but its focus is on sitter basics, injury prevention, safety, kid activities and getting the job. A colorful booklet and course certification card are provided. This course also meets merit badge requirements for babysitting for scouts. This is a FCPS teacher workday.

**1, 5 hour class**

F	12:00-5:00pm	3/24	\$86 / \$86	460051.51
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**Kiddie Play Zone** Age 1-5

Bring your toddler, and enjoy open play, tumbling on the mats and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the entire gym. Parents supervise their own children. \$5 drop-in fee.

**8, 1 hour classes**

no class 4/12

W	10:30-11:30am	3/15-5/10	\$32 / \$32	469800.30
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**"I enjoy the Herndon Community Center because it offers a large variety of programs and appeals to a wide range of community participants."**

- Anaya, Herndon, VA

**Hoop Dance** Age 13 & up

Using the hoop on the waist, legs, arms, hands, hips and more burns between 400-600 calories an hour and provides a great full-body workout while encouraging creative movement and expression. Provide your own adult sized hoop or borrow/purchase one from the instructor.

**10, 60 minute classes**

no class 4/13, 5/28

Th	6:45-7:45pm	3/16-5/25	\$67 / \$84	469930.40
Su	11:00am-12:00pm	3/19-5/21	\$67 / \$84	469930.70

NEW!

**MiniMusic** Age 4-5

MiniMusic is an exciting, structured musical program for kids. It is a pre-reading music course that teaches basic music theory concepts. The classes include singing, playing musical instruments, rhythmic movement and dance. Children look forward to these fun-filled classes that will foster a love of music and dance and bring out your child's natural abilities.

**8, 45 minute classes**

no class 4/10, 4/13

M	1:00-1:45pm	3/13-5/8	\$80 / \$100	410041.11
Th	11:00-11:45am	3/16-5/11	\$80 / \$100	410041.41

**Chess** Age 8-11

Research has shown there is a strong correlation between students learning to play chess and their academic achievement. In this class, the students will learn the parts of the chessboard; how each piece moves and captures; pawn promotion and "en passant" capture; the main rule of chess; the rules for castling; how to checkmate the lone king; the difference between checkmate and stalemate; the basic principles of chess; the number of ways a chess game can be won or drawn; guidelines for sound opening play; basic strategy and tactics; and how to keep the score of a game. Each class will include free time for the students to play chess with their classmates.

**8, 90 minute classes**

no class 4/15

Sa	10:00-11:30am	3/11-5/6	\$96 / \$120	460100.61
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NEW!

**Teen Leadership Training** Age 13-15

These workshops develop your skills to work or volunteer with kids and learn how to be a great role model by engaging and encouraging campers and work with your peers without conflict. You will gain positive communication skills, learn to take initiative, develop problem solving skills, and be challenged to be a strong leader. American Red Cross First Aid certification is included in the course.

**3, 2 hour classes**

W	5:30-7:30pm	3/15-3/29	\$70 / \$70	480021.31
W	5:30-7:30pm	5/24-6/7	\$70 / \$70	480021.32

## Parks in Herndon

### Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

### Bready Park

Located on Ferndale Ave., adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball and 60/70' baseball fields, outdoor lighted basketball, six lighted tennis courts, three indoor tennis courts September-April, soccer field and a playground. Indoor bathrooms seasonally. Sports fields are available for open play and scheduled leagues. *Shelter is available for reservation.*

### Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a playground, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

### Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a 90' baseball field and a fenced dog park.

### Cuttermill Park

A 6-acre neighborhood park located at 1501 Herndon Parkway. The park includes a baseball/T-ball field, walking areas, multipurpose courts for sand volleyball and basketball, and a mini basketball court to accommodate younger children, as well as playground for ages 5-12, and a tot lot.

### Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball courts, a playground for ages 5-12, and a tot lot. Indoor bathrooms seasonally.

### Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a playground, park benches and an open play space.

### Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters and a paved accessible trail.

*Shelters are available for reservation.*

### Spring Street Park

Located at the corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

### Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

### Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a playground, an open play area, and a bocce court. *Shelter is available for reservation.*

## FIND A PARK NEAR YOU



## GET INVOLVED!

There are additional ways to get involved:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

For more information call 703-435-6800 x2111.

Do you have questions or concerns regarding Trees? The Town Forester is available to help. Call 703-435-6800 x2014.

## Picnic Shelter Rentals

- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

PARK	COST	GUEST LIMIT
Bready	\$110 TOH / \$160 NR	140
Trailside	\$60 TOH / \$85 NR	70
Runnymede	\$50 TOH / \$75 NR	70

Trailside & Runnymede Parks have a \$20 nonrefundable deposit and Bready Park has a \$35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter or book online at [herndon-va.gov/recreation](http://herndon-va.gov/recreation).



## Herndon Community Center Admission and Passes

TOH = Town of Herndon resident rate  
requires ID with address for every transaction  
NR = Non-resident rate

**All admissions and passes are nonrefundable.**

Daily	TOH/NR
Adults.....	\$6.50/\$7.50
Seniors.....	\$5.25/\$6.25
Youth.....	\$5.25/\$5.50
Family.....	\$18/\$22.50

(Up to 5 family members, 2 adults maximum)

10-Admission Pass	TOH/NR
Adults.....	\$58/\$69
Youth/Senior.....	\$46/\$52

25-Admission Pass	TOH/NR
Adults.....	\$130/\$160
Seniors.....	\$98.50/\$140.50
Youth.....	\$96.25/\$103.25

Monthly 30-Day Pass	TOH/NR
Adult.....	\$52.50/\$70.25
Adult 2-Person*.....	\$82/\$109.25
Youth Single.....	\$47.25/\$50
Senior Single.....	\$36.75/\$62
Senior 2-Person*.....	\$57.50/\$96.25
Senior 2-Person* Sr/Non Sr.....	\$70/\$100
Dependent Youth**.....	\$13.50/\$18

6-Month Pass <sup>(1)</sup>	TOH/NR
Adult.....	\$261.75/\$349
Adult 2-Person*.....	\$411/\$548
Youth Single.....	\$215/\$307
Senior Single.....	\$215/\$307
Senior 2-Person*.....	\$338/\$481.50
Senior 2-Person* Sr/Non Sr.....	\$350.25/\$500.50
Dependent Youth**.....	\$65/\$86.50

Annual Pass <sup>(1,2)</sup>	TOH/NR
Adult.....	\$470.25/\$627
Adult 2-Person*.....	\$739/\$985.25
Youth Single.....	\$329.25/\$551.75
Senior Single.....	\$329.25/\$551.75
Senior 2-Person*.....	\$517.25/\$866.75
Senior 2-Person* Sr/Non Sr.....	\$630/\$900
Dependent Youth**.....	\$116.75/\$155.75

\* Both adults must reside in the same household and have ID to purchase a 2-person pass.

\*\* Dependent pass must be purchased with adult pass.

1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.

2 Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).

### Pass and Daily Admission Fee Includes

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to Drop-In regularly scheduled fitness classes (see Drop-In Fitness schedule)

### Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer. See Fitness Staff for details.

### Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to one free training session.

### Age Categories:

Youth:	17 & under
Adult:	18 & older
Seniors:	65 & older
Children:	Admitted free under age 2 with a paying adult

### Pool Use:

Children 6 & under: an adult must accompany child in the water  
Children 8 & under: must be accompanied by an adult

### Gymnasium Use:

Youth: must be 12 & older  
Youth Open Gym: weekends only age 8-11 must be accompanied by a paying adult

### Fitness Room Use:

Age 12 & 13: must be accompanied by an adult and earn Youth Fitness ID  
Age 14 & 15: must earn Youth Fitness ID to use fitness room

### Locker Room Use:

Children 5 & under: permitted in locker room of opposite sex  
Family Locker Rooms: for parents with children over the age of 5, located in guard office

### Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

<b>Prime Time Hours:</b>	Monday-Friday, 4-10pm, Saturday & Sunday, Opening-2pm
<b>Prime Time:</b>	admission fee per player \$4 per hour + \$3.50 per session wallyball
<b>Non-Prime Time:</b>	admission fee per player \$2 per hour + \$2 per session wallyball

### 2017 Herndon Town Council

Lisa C. Merkel, Mayor  
Jennifer Baker, Vice Mayor  
Grace Wolf Cunningham, Councilmember  
Jeffrey L. Davidson, Councilmember  
Signe Friedrichs, Councilmember  
Bill McKenna, Councilmember  
Sheila A. Olem, Councilmember  
Bill Ashton, Acting Town Manager

### Parks & Recreation Department Staff

Cindy S. Roeder, Director  
Cynthia Hoftiezer, Deputy Director  
Nancy Burke, Administrative Assistant  
Lori Rowland, Office Assistant  
Lindsey Jones, Systems Technician  
Kevin Breza, Recreation Program Coordinator  
Abby Kimble, Marketing Specialist  
Kerstin Severin, Aquatic Services Manager  
Dylan Evans, Pool Operations Manager  
Bruce Andersen, HAC Head Coach  
Christina Bolzman,  
Aquatics Programming Specialist  
Ron Tillman, Community Center Manager  
Vacant,  
Assistant Community Center Manager  
Suzanna Swalboski,  
Indoor Tennis Manager  
Julie Foechterle, Preschool Director  
Karen Tsitos, Head Personal Trainer

### Recreation Supervisors

Kimmie Alcorn,  
Special Interest, Arts & Crafts, Camps  
Jane Grannis, Fitness  
John Walsh, Sports & Community Events  
Holly Popple,  
Performing Arts & Community Events  
Tim Lander,  
Wellness, Sports & Community Events

### Department Sponsors

A special thanks to the following companies for supporting our department programs and events:

#### PLATINUM:



#### SILVER:

O'Sullivan's  
Irish Pub

If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at 703-435-6800 x2104.

## How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our four convenient registration methods will begin for TOH residents at 10am on Wednesday, February 15. Open registration for Non-TOH residents will begin at 10am on Tuesday, February 21.

## What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 29 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the Town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

## How do I know if I live in the Town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the Town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, call **703-787-7300** or go to: [herndon-va.gov/recreation](http://herndon-va.gov/recreation) and click on **FAQ for P&R** on the left side of the page.

## Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on February 21.

## Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

## Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the midpoint of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

## Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call **703-787-7300** at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

## Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

## Supplies/Equipment


You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

## Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

## Registration Options

Open registration dates apply to ALL registration options—10am on February 15 for TOH residents, and 10am on February 21 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at [herndon-va.gov/recreation](http://herndon-va.gov/recreation). Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon  is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, February 15 for TOH residents; and 10am, February 21 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
6. **NOTICE:** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.

## Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/ program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.
3. All refunds are made by credit card or town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.
7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.



## Sign Up Now!

TOH = people who live in the  
Town of Herndon limits

NR = people living outside the  
Town of Herndon limits

**Proof of residency may be required.**

**You may donate to the  
Parks & Recreation  
Scholarship Fund** **NOR**  
All scholarship funds are  
used to enable those who  
are unable to participate in  
programs or camps.



## Registration is Easy!

Registration for Non-Town of Herndon Residents begins on Tuesday, February 21 at 10am.  
Registration for Town of Herndon Residents begins on Wednesday, February 15 at 10am.

## Herndon Parks and Recreation Registration Form - Spring 2017

**ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.**

HEAD OF HOUSEHOLD: LAST \_\_\_\_\_ FIRST \_\_\_\_\_

ADDRESS \_\_\_\_\_

**CITY/STATE/ZIP** \_\_\_\_\_ **EMAIL** \_\_\_\_\_

PHONE: HOME \_\_\_\_\_ CELL \_\_\_\_\_ WORK \_\_\_\_\_

Participant Name	Birth Date	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M/F	0000000.00	Level 4	\$68	0000000.01	0000000.02
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.							

**SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.**

**MAKE CHECK PAYABLE TO: TOWN OF HERNDON**

**All returned checks are subject to a \$50 fee**



Herndon Parks and Recreation  
P.O. Box 427, Herndon, VA 20172-0427

**MAIL TO:**

**CHANGE OF ADDRESS/PHONE/EMAIL?** ☐ YES ☐ NO

**REFUNDS:** A 15% service charge will be assessed up to 5 days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

**Signature:** \_\_\_\_\_

**OFFICE USE ONLY - Processed by:** \_\_\_\_\_

Payment Method	C	CK	CC	LC
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AP# \_\_\_\_\_ Date Paid \_\_\_\_\_

**IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:**

☐ VISA    ☐ Mastercard    ☐ American Express    ☐ Discover

CREDIT CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

PRINT NAME OF CARD HOLDER \_\_\_\_\_

SIGNATURE \_\_\_\_\_

**RECREATION CONSENT:** I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the town authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, photo or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN \_\_\_\_\_

**SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN** \_\_\_\_\_



Town of Herndon  
Parks and Recreation  
PO Box 427  
Herndon, VA 20172-0427  
[herndon-va.gov/recreation](http://herndon-va.gov/recreation)  
703-787-7300



join our newsletter...  
[parksandrec@herndon-va.gov](mailto:parksandrec@herndon-va.gov)



Herndon Parks and Recreation Department  
Herndon Community Center

@herndonparks



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## ECRWSSSEDDM Residential Customer

# Trout Fishing Derby

Age 2-15

Start an annual family tradition  
and join us for this special day!

**Saturday, March 11**  
8:00AM-12:00PM

Meet behind the Herndon Police Station  
on Sugarland Run Trail.

\$8\*  
\$12

Teens and adults, age 16 & up, **MUST** have a valid Virginia State Fishing License to fish. Adults are not permitted to fish during kids fishing time. See staff for dates and times of extended fishing hours.

\*Pre-registration price is through Friday 3/10, Day of event registration is \$12, check or cash only. 450050.60

Many families experienced a relaxing and successful day catching their first fish last year at this event. **Limited**

**fishing poles and bait**

**are available for use.** In

addition, Trout Unlimited will help clean and store your catch. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly caught dinner. Please wear shoes you don't mind getting wet or muddy, no sandals.

**All kids MUST be accompanied by an adult.**



## Easter Egg Hunt

**Saturday, April 15**

Herndon Municipal Center Green,  
777 Lynn St.

**One of the most exciting  
annual events for Herndon children**

Children are invited to bring their parents, cameras, baskets and egg-hunting shoes for a fun-filled morning in the park. Games, arts & crafts and music will begin at 9:30am, along with a photo opportunity with the Easter Bunny. Event takes place at 777 Lynn Street behind the Herndon Municipal Building. Parking is available at the various parking areas in downtown Herndon. Event held rain or shine.

**\*Pre-registration through Friday, April 14th is \$9. Onsite registration is \$10 at the gate.**

### Egg Hunt Times

**Age 5-7**

9:30am  
454500.61

**Age 3-4**

10:15am  
454500.62

**Walking-2**

11:00am  
454500.63

**Aqua  
Egg  
Hunt**  
details on  
page 5

